

How to:



Utkatasana with Anjali Mudra Twist
Chair with Prayer Twist

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Squat down low. Lengthen your spine as you twist and place your left elbow on the outside of your right knee.
- Line your knees up, suck in your stomach and push your elbow into the knee.
- Twist deeper through the ribs and shoulders, and then the head.
- Sit lower, weight in the heels.

MY EXTENDED SCRIPT (what I like to talk about in this pose)