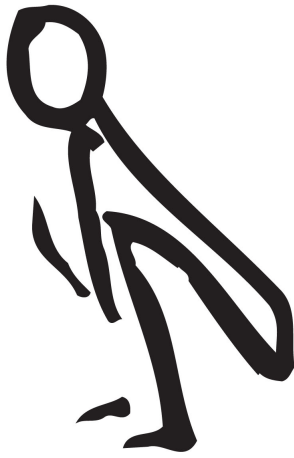


How to:



Malasana  
Squat

**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:**

- Place your feet at the edges of your mat, toes wider than your heels, and squat down as low as you can. Adjust your feet if you need to find a more comfortable spot.
- Place your hands in prayer position and gently press the knees apart with your elbows.
- Lift your chest to lengthen and flatten your back.

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