

How to:



Parsvottanasana Intense Hamstring Stretch

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:

- Step the right foot back about 2 and a half feet. Angle the back foot in as much as you need to set both heels on the ground, and keep the hips facing forward.
- Bring your hands around behind you and interlace the fingers in a big double fist.
- Open your chest, lengthen and flatten the back.
- Leading with the chest and keeping your spine long, slowly press your straight spine forward over the straight front leg. When the back of the knees screams, or your shoulders round forward, you are too far. Breathe gently in and out of those edges.

To release, press into the feet, squeeze the legs and suck in the stomach to slowly pull yourself back up to standing.

**** Alt version: Standing Forehead to knee.**

- Step the right foot back about 2 and a half feet. Angle the back foot in as much as you need to set both heels on the ground, and keep the hips facing forward.
- Lift your chest to lengthen the front body, then suck in the stomach and round over the front leg, pushing your knee forward to meet the forehead. Put your hands on the floor near the foot.
- Adjust the hips, pulling your right hip forward and the left back; ground the back heel, and round your spine as much as you can.

To release, put the hands in prayer, and slowly round up the way you came in, pulling the front leg straight as you rise.

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