

How to:



Vasisthasana Side Plank

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:

- From Plank, place your weight into your right hand and roll over to the outside edge of your right foot. Bring your left foot forward to support your balance if you need to.
- Push away from your whole hand, and tighten every muscle. Lift your hips a bit higher so you can transfer some weight to the legs. Reach your left arm to the sky.

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