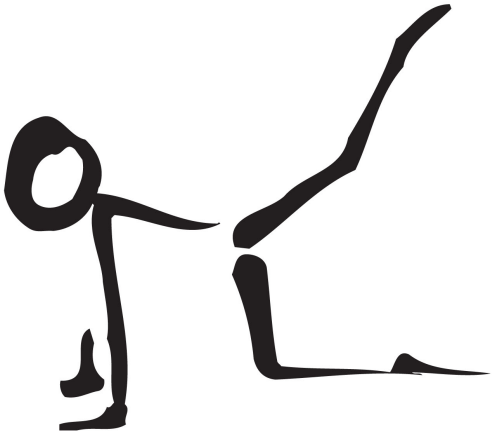


How to:



Bhagerasana
Tiger

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 tabletop, lift the right knee up toward your face and pull your belly in, gently round and lengthen your lower back.
- On the next inhale, slowly kick the right leg back and up, point the toes. With a long, gentle curve in the back, lift your chin and look up.

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