

How to:



Uddiyanasana Flying Bird

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:

- On your belly, with your chin at neutral, forehead down, reach your arms up over your head and lengthen your spine. Lift one leg and lengthen it back, then the other.
- Squeeze your legs together, squeeze your buttocks. Suck your stomach in and reach out through the tips of your fingers, lengthen the back of your neck.
- With a big inhale breath, upper body, lower body, LIFT! Reach through the crown of your head, fingers and toes.

* This can also be done 1 leg / 1 arm at a time – opposite leg and arm.

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