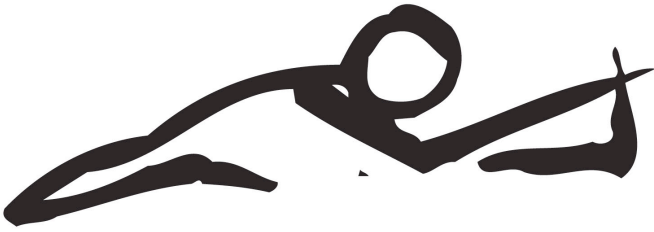


How to:



Janu Sirsasana Head to Knee

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:

- Bring your right leg out to 1 or 2 o'clock, put your left foot on the right inner thigh.
- Reach your arms up overhead to lengthen the spine and turn toward the right leg.
- Reach forward and wrap all 10 fingers around the foot, bending the knee if you need to.
- Squeeze the quads and feel the back of the knee press toward the floor.
- Suck in the stomach, round over and press your forehead toward the knee.

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