

How to:



Matsyasana Fish

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:

- Lie on your back, slide your elbows in tight beside the ribs. Press into them and lift your chest, drop the head back, place the top of your head on the floor.
- Adjust your head and neck for comfort and lengthen through the back of the neck, the whole spine, and legs.
- If you feel safe, relax the arms and allow your head and the bridge of your spine to carry your weight. Lengthen the legs and point the toes away from you.

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