

**How to:**



## Threading the Needle

**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:**

- Come to tabletop position, with knees under hips and hands under shoulders.
- Press into your right hand and lift your left arm to the sky to lengthen your spine.
- Then bring the left arm down and under your torso, between your right arm and legs. Reach as far as you can, feel your armpit muscles engage. Then, place your left arm, shoulder and the side of your face on the ground. Soften.

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