

How to:



**Virasana
Hero**

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 knees together on the mat. With the tops of your feet on the mat, gently sit down on your heels.
- Tilt your pelvis slightly forward to lengthen and straighten the spine. Set your hands on your thighs and lift your chest, soften your face and focus on your breath.
- **Advanced:** take your knees hip width distance apart. Place the tops of your feet on the floor straight back from the hips.
- Reach back and pull the flesh of your calves out to the sides and sit into the cradle you create between your heels.
- Tilt your pelvis slightly forward to lengthen and straighten the spine. Set your hands on your thighs and lift your chest, soften your face and focus on your breath.

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