

How to:



## Sucirandhrasana Eye of 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:**

- Plant your feet on the foot below the buttocks, hip width distant.
- Place your right ankle on your left knee and lift your legs off the floor, press them in toward the chest.
- You can wrap your hands around the back of the left knee and pull the legs in a little deeper to gently open the hips.

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