

How to:



Apanasana Knees to Chest

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 up into your chest.
- Wrap your arms around the tops of the knees and give yourself a big hug.
- Try to grasp each elbow, but the wrist or hands are ok too.
- Pull your knees into your chest; try to flatten your whole back.

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