

How to:



**Sukhasana
Easy**

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 a comfortable seated position, with your legs crossed in front of you.
- Pull the flesh out from underneath you and find your “sits” bones.
- Lengthen your spine, relax your shoulders. Breathe.

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