

How to:



## Chaturanga Dandasana Four Limbed Staff

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:**

- From a strong plank pose, tuck your elbows in close to the sides of your body and bend them to 90 degrees.
- To release: Suck in your stomach and press up /// float all the way to the floor

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