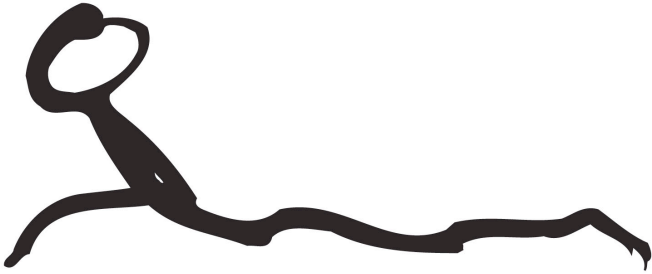


How to:



Bhujangasana Cobra

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:

- Lie on your stomach with your hands tucked under your shoulders, palms down, elbows and shoulders pulling away from the ears.
- The tops of your feet stay flat on the floor; squeeze the legs, squeeze the buttocks. Lift your chest up off the floor.
- Inhale and lift your arms up overhead, lengthen your spine and look up.

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