

How to:



Banarasana High Lunge

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 Plank) Place your hands on the floor under your shoulders, step the right foot to the back of your mat.
- Lengthen your spine; squeeze your right leg and press out through the heel.

Alt: From down dog, bring the left foot forward between your hands.

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