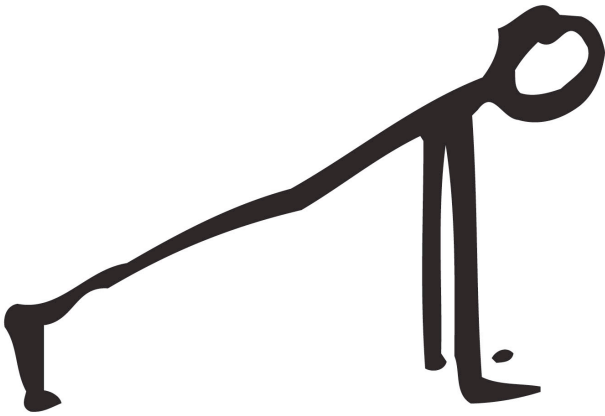


How to:



Plank

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:

- Place your hands on the floor under your shoulders, step the feet to the back of the mat.
- Micro-bend your elbows and press your heels away from you.
- Squeeze your legs, and lift the belly and spine. Keep your hips in line – creating a straight line from shoulders to heels.
- To release: Chataranga vinyasa /// straight back into downward facing dog

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