

How to:



## Anahatasana Melting Heart

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 table top position, keep your hips over your knees.
- Walk your hands forward and lower your chest toward the ground. Try to touch the forehead, chin, or chest all the way to the floor.
- If your shoulders and neck feel tension, lift up, set the arms wider, and try again. Pull your stomach up into the spine and gently lengthen your back.

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