

How to:



**Bakasana
Crane/Crow**

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:

- Squat down and plant your hands on the mat with your fingers wide. Get a good grip.
- Leaning forward; place your knees on the outside edges of your arms, or, see if they fit higher, up in your armpits.
- Balancing your weight evenly in both hands, lift your feet off the floor and bend your elbows; make your arms a table. Use your legs to squeeze the elbows, and pull your pelvic floor and belly in tight.

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