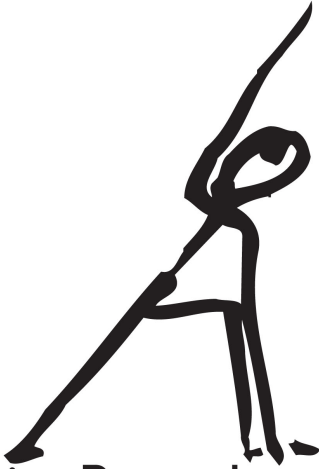


How to:



Utthita Parsvakonasana Extended Side Angle

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 Warrior 2, place your left elbow on the bent left leg and lift your right hand, and your eyes, to the sky.
- If you can, lower your left hand to the floor on the inside edge of the foot, stretch your right arm up alongside the face, and look at the sky again.

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