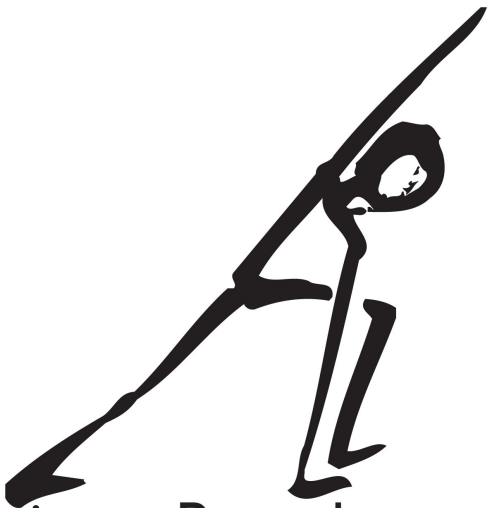


How to:



Parivrtta Parsvakonasana Revolved 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 here (any warrior), windmill your arms to the ground and lift the back heel. (High Lunge)
- Twist toward the front leg and lift the opposite hand to the sky.

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