



How to:

Standing Side Bend

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:

- Lift your arms up overhead and interlace your fingers with a steeple grip.
- Pull your shoulders down and back.
- Suck in your stomach and bump your hip to the left, lengthen and stretch your arms up and over to the right.

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