

How to:



## Eka Pada Uttanasana Standing Splits

**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 a forward fold, lift your left foot off the ground as high as you comfortably can.
- Let your head and neck relax as you look at your leg, not the floor. Gently pull the crown of the head toward the foot.
- As you feel ready, wrap the right hand around the back of the calf, and eventually, the left hand also. Breathe.

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