

How to:



Bitilasana
Cow



Marjaryasana
Cat

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:

- Come to your hands and knees, knees under hips, hands under shoulders.
- On the inhale press your belly down and pull your chest and chin up.
- On the exhale, round the spine up like an angry cat.

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