

How to:



Marichyasana III
Marichi's Pose III

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:

- Begin in Staff pose, sitting up tall with your legs stretched out in front of you, toes pointing toward the sky.
- Bend the right knee and slide the foot in toward the groin.
- Bring your right hand behind you and press it into the floor just at your tailbone.
- Lift the left arm and lengthen, then place your left elbow on the outside of the right knee. If you can't do that, wrap your hand or elbow around the front of the knee instead.
- Lengthen on the inhale breath and squeeze your lower body as you twist. Resist using your elbow as a wedge – use your core to lift and turn, the elbow simply holds.
- Turn your eye gaze over the shoulder behind you.

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