

**How to:**



## **Ardha Matsyendrasana Half Lord of the Fishes**

**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 seated position, bring your right foot toward the left hip, with your knee down, and plant your left foot in front of the right knee.
- Place your left hand on the floor behind you, and push down to lengthen your spine.
- Lift your right arm and lengthen, place the elbow on the outside of your left knee.
- Lengthen again on the inhale, and squeeze your lower body as you twist.

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