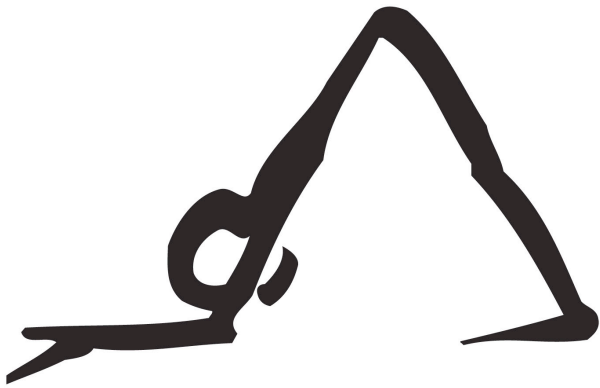


How to:



Dolphin

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 tabletop position, bring your elbows to the ground below your shoulders and interlace your fingers into a big double fist.
- Tuck your toes under and lift your knees. Pull your lower belly in and lift your tailbone toward the sky, making an upside down V shape.
- Press your chest and shoulders toward the knees; flatten the back.

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