

How to:



Dolphin Plank Pose

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 off the floor, step your feet back.
- Focus on keeping the whole core engaged; pressing down into the forearms to keep the shoulders up, squeezing the legs and pushing firmly back into the heels.

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