

How to:



Utkatasana Chair

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:

- Lift your arms up overhead with your palms facing. Drop your shoulders away from the ears.
- Suck in your stomach and squat down, pressing the weight to your heels.
- Push your tailbone toward the back wall and down; lift your chest up.
- Chin is at neutral, look slightly up; pull your thumbs toward the back wall.

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