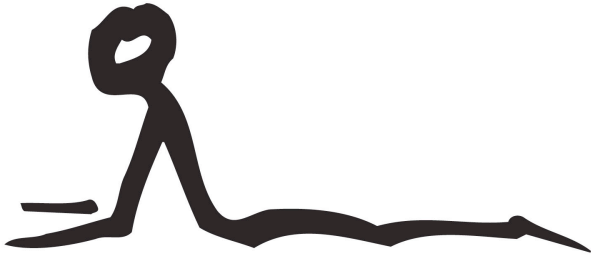


How to:



Sphinx

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:

- Lying on your belly, tuck your elbows in under your shoulders.
- Lift one foot and pull it slightly away from you, and then the other, creating space in the lower back. Spread your fingers, palms down.
- On the next inhale, pull the crown of the head and the chest and whole spine forward and up, and on the exhale gently press your belly down into the floor. Keep the shoulders down and back. Breathe in and out.

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