

**How to:**



## **Ardha Shalabhasana Half Locust**

**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, lift one hip and slide your hand under you, with the palm facing down. Lift the other hip and pull the other hand under. Try to bring your arms to the inside of your hip points, pinky fingers touching.
- With your chin or forehead on the ground, squeeze your right leg and point the toes.
- Lengthen and lift the right leg and stretch it up and back.

\*\*\* Do one leg at a time and then both together – with the face down on the mat.

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