

**How to:**



## Salabhasana 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:**

- On your belly, reach your arms out to the sides like airplane wings.
- Lengthen everywhere, and look forward. Squeeze your legs together and your buttocks. Pull your shoulders onto your back. Engage all the muscles in your body.
- On the next inhale, upper body and lower body, LIFT! Arms up, chest up, legs up; balance only on your hipbones and last rib.
- Smile.

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