

How to:



Ardha Dhanurasana Half Bow

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 belly down on the mat, place your right elbow under the right shoulder.
- Bend the left knee and reach back with your left hand, grab the foot.
- Lengthening the upper body on the inhale, begin to gently kick the leg back and pull it up with your left hand at the same time.

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