

How to:



Dhanurasana 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, bend both knees and reach back, grab one foot in each hand.
- All 5 fingers are together, pinky fingers are just below the toes. Bring the knees closer together and get a good grip.
- Press into the pelvis and lowest ribs, suck in the stomach, squeeze the buttocks, and begin to kick your feet up and back.
- Feel your shoulders being pulled back by the power of the kick; kick higher.

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