



How to:

Natarajasana Dancer

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:

- Shift your weight to your left foot, and bend your right arm up, with the palm facing up and the elbow tucked in beside your waist.
- Bend your right knee, and grab the inside edge of your foot, with all 5 fingers together. Bring your knees together and reach your left hand to the sky, strengthening through the whole body.
- Begin to kick your right foot back and up. Feel your shoulder being pulled back by the power of the kick. As your body opens, you will naturally start to tilt forward. Kick back and stretch forward – balance comes from equal kicking and stretching. Hold on.

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