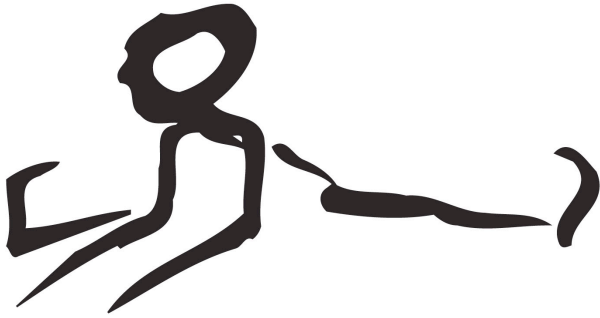


**How to:**



## **Upavistha Konasana**

Wide Angle Seated Forward Bend

**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:**

- Spread your legs wide apart. Pull the flesh out from under the sit bones and tilt the pelvis forward.
- Reach out with your first 2 fingers and grab your big toes.
- Bending the knees if you need to, gently press your chest toward the floor.

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