



How to:

5-Pointed Star

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:

- Step your feet wide apart, spread your arms and turn your palms up.
- Line up your toes and heels and squeeze your legs, press the outside edges of your feet down; connect in the big toe mound.
- Suck in your stomach and flatten the lower back, pull your shoulders away from your ears. Breathe.

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