

**How to:**



## **Parivrtta Janu Sirsasana** **Revolved Head to Knee Pose**

**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:**

- Bring your right leg out to 1 or 2 o'clock, put your left foot on the right inner thigh.
- Reach for the right foot with your right hand; tuck the elbow in beside the knee.
- Rotate your torso to the left, lift your left hand up and overhead toward the right foot.

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