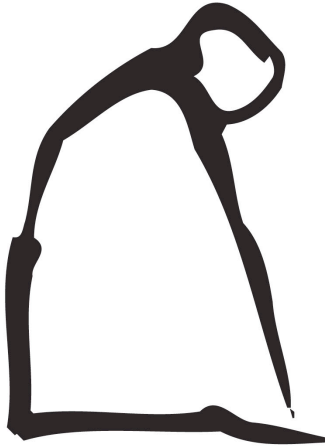


How to:



Ustrasana Camel

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 knees 8 – 12 inches apart with the tops of the feet on the floor behind you.
- Place your hands on your low back; squeeze your bottom and lengthen your spine.
- Press your hips forward, lift your chest as high as you can, and slowly drop your head back, opening the throat.

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