

How to:



Shasangasana Rabbit

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:

- Sit up with your buttocks on your heels, knees together. Grab one foot in each hand.
- Suck in your stomach, lengthen your spine, and tuck your chin into the chest; round over your thighs until your head comes to the floor, with your forehead on the knees.
- Pull hard on your heels with your hands, suck in your stomach, and lift your hips.
- Don't let the weight go into your head, pull harder with your arms and round the back of the neck.

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