

**How to:**



## **Garudasana Eagle**

**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:**

- Stretch your arms wide and cross the right elbow under the left. Wrap the elbows and wrists, bring the palms together with your thumbs toward the nose.
- Bend your knees and squat down. Lift your right leg high up and over the left; wrap the foot around the back of the left calf with no space between the legs, and squeeze.
- Pull your stomach in and straighten the spine.
- Level your hips, squat deeper, and feel the chest lifting as you pull your elbows toward your thighs.

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