



How to:

Goddess

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: (From a wide legged stance)

- Turn your toes away from the heels.
- Inhale and reach your arms up.
- On the exhale bend your knees and elbows and squat down.

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