

How to:



**Gomukhasana
Cow Face**

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 tabletop, bring your right leg in front of your left, press your left knee in behind your right knee. Gently sit down between your heels.
- Sit up straight. Stretch your right arm up and drop it down your back, palm facing in.
- Bring your left arm behind you reaching up, palm facing out. Reach for your right hand.
- Lift your chest and bring your weight slightly forward with a flat back; chin at neutral.
- thighs.

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