

**How to:**



## Supta Virasana Reclining Hero

**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:**

- Come forward on your knees, take them hip width distance apart. Place the tops of your feet on the floor and slightly wider apart.
- Reach back and pull the flesh of your calves out to the sides and sit onto the floor between your heels. Be careful with the knees – don't force them. Take them wider apart to take the pressure off.
- If you're ok there, place your hands on your feet and gently bring your elbows to the ground one at a time. Drop your head back and work your elbows forward until your head comes to the floor.
- If you can release your arms, bring them up overhead, grab the elbows. Over time, work the knees back together.

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