

How to:



Ananda Balasana Happy Baby

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:

- Pull your knees to your chest, and grab the bottom of each foot from the inside of the arch.
- Pull your knees toward your shoulders in a gentle way and lift the feet toward the sky
- Move in any way that feels good for you to open and soften the hips.
- To flatten the back and strengthen the pelvis, push your feet into your hands a bit, and with the hands, resist.

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