

How to:



**Padmasana
Lotus**

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 seated position, place one foot on the opposite quad.
- If you can, gently place the other foot over the calf and onto the other quad.
- Pull the flesh out from underneath you and find your “sits” bones.
- Lengthen your spine, relax your shoulders.

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