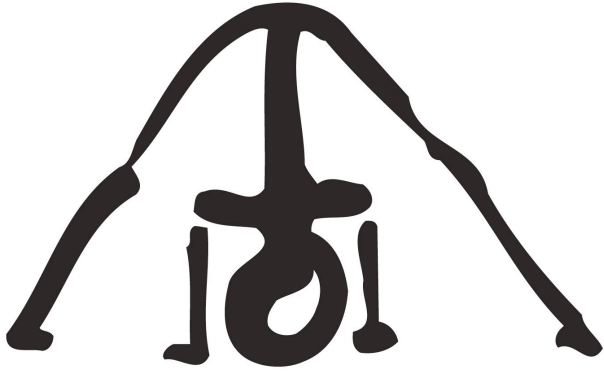


How to:



Prasarita Padottanasana Wide-Legged Forward Bend

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:

- Inhale your arms up to lengthen your spine.
- Exhale, spread your wings, and hinge forward at the hips.
- Bend the knees if you need to, keep your back flat.
- When your hands can touch the floor, soften and relax your upper body.

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