

How to:



Dandasana Staff

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:

- Sit with your legs straight out in front of you, heels grounded. Bent knees are ok.
- Pull the flesh out from under your sit bones.
- Squeeze your legs and pull your toes toward the face; lengthen your spine.

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