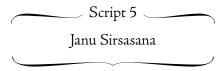
Megan Andrews

ISHTA 200H TT Assignment

Mentor: Peter Ferko

May 30, 2022



Transition From Dandasana

- Come to sit with your legs straight in front of you with flexed feet (dorsal flexion)
- Keep your legs active with a microbend in the knee
- Breathe length in the spine, allowing the crown to reach toward the ceiling
- Bend in the left knee, such that the sole of the foot presses against the upper thigh of the opposite leg
- Inhale
- * Exhale: Rotate the torso to "face" the extended leg
- Inhale: Breathe space in to the midline of the body
- * Exhale: Hinge from the hips to slowly fold over the extended leg
- Finding the "edge:"
 - Go as far as your body can without compromising important components of the posture:
 - ~ Keep the spine naturally curved, as opposed to rounded
 - ~ Do not collapse the chest, keep your collarbones wide
 - ~ Strive to move "forward" as well as downwards
 - ~ IF the belly reaches the thigh, you may allow for a rounding of the spine

Coming out of the Pose

- Inhale: Engage the core and lift the torso back upwards
- Exhale
- Straighten both legs and give them a bit of a jiggle

(*Repeat other Side*)

Modifications

- Elevate your seat on a blanket
- Use blocks for your hands to rest on