



DOWNWARD-FACING DOG POSE

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Instructions

- 15 seconds to 1 minute

1. Come onto the floor on your hands and knees. Set your knees directly below your hips and your hands slightly forward of your shoulders. Spread your palms, index fingers parallel or slightly turned out, and turn your toes under.
2. Exhale and lift your knees away from the floor.
3. Lift the sitting bones toward the ceiling, then with an exhalation, push your top thighs back and stretch your heels down toward the floor. Straighten your knees, but do not to lock them. Pull your thighbones back into your hamstrings to elongate your waist.
4. Firm the outer arms and press the bases of the index fingers actively into the floor. Firm your shoulder blades against your back, then widen them and draw them toward the tailbone. Keep the head between the upper arms; relax the back off the neck. Stay from 15 seconds to one minute, breathing evenly. Then bend your knees to the floor and come back to all fours.

Modification

If your hamstrings are tight, bend your legs. After bending your knees, play with straightening your legs more and more.

