

DOWNWARD FACING DOG POSE **(ADHO MUKHA SVANASANA)**

Adhas = Down, Mukha = Face, Svana = Dog, Asana = Posture



Entry Child Pose (Balasana)

- Curl toes under. Lift knees and push thighs back to straighten legs.
- Press hands down and forward to create more length on armpits.
- Keep the neck relaxed and gaze between two feet.
- Tone lower belly in.
- Lift hips up to the ceiling.
- Push thigh bones back towards the hamstrings and slowly send heels down to the floor.
- Press inner feet down, stretch ankles up towards calves, turn inner thighs away from each other.
- Hold and breathe.

Transition

- Exhale, push hips back to Childs Pose.

Technique

- Squeeze biceps towards each other, wrap armpits towards chest. (fig 5.7)
- Stretch heels down to the floor to stretch the back of the legs.
- Push thigh bones straight back to send sit bones up toward the ceiling.
- Lift pelvis away from ribs.
- Lift the sit bones up and tailbone down.

Caution

- If the lower back rounds, this means hamstrings are tight, bend the knees and lift sit bones up, stretch the spine.
- For beginners, continuously press the index knuckle down to avoid sinking body weight on the outer hands.