

POSE OF THE
WEEK:
DOWNWARD
FACING DOG

ADHO MUKHA SVANASANA

your daily practice:

Hold pose for three breaths, repeat 3x



HOW TO:

- 1 Start in tabletop position: knees stacked under hips, shoulders stacked over wrists, ground hands into floor.
- 2 Crawl toes under and lift hips up and back, with fingers spread wide apart, middle finger pointing straight ahead.
- 3 Heels extending down towards your mat, hips pressing up and back, shoulders relax away from your ears, gaze towards your feet, neck hanging freely.

**PROTECT
YOUR WRISTS**

By equally distributing weight in following areas:

base of your thumb
and **index finger**,
and along the **knuckle pad**
down to the base of
your **pinkie finger**.

FUN FACT:

This posture lengthens the spine and activates most of the body's muscles

BENEFIT:

Stretches entire back body/spine decompression/strengthens shoulders and engages the core

GIVE THIS A TRY:

Peddle out the heels/eventually find stillness and take five deep breaths