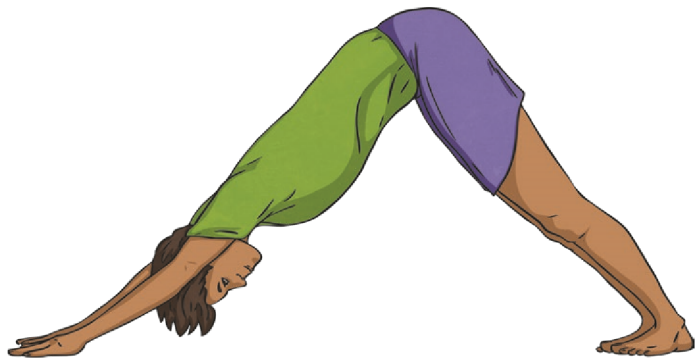


Downward Dog Pose



Benefits

Stretches the shoulders, hamstrings, calves, arches and hands; calms the mind.

1

Start on your hands and knees, with your knees slightly apart, directly under the hips.

2

Your hands should be shoulder-width apart, and slightly in front of your shoulders.

3

Curl your toes under, straighten your knees and lift your hips.

4

Keep your head between your arms.

5

Hold this pose and breathe.