

# Three-Legged Dog Pose

## Tri Pada Adho Mukha Svanasana



### Benefits

Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain and fatigue.

1

Begin in downward-facing dog (hands and feet on the floor, bottom in the air in an upside-down V).

2

Lift one leg, hold, then lower with an exhale.

3

Repeat with the opposite leg.