



DOWNWARD FACING DOG

Today we begin a series of items on common yoga poses that you can try at home. We begin with downward facing dog. This pose strengthens and stretches most major muscles in the body, and releases built-up tension and toxins. Using your own body weight you develop upper body and core strength. This pose develops shoulder mobility and alignment and can relieve stiffness in shoulders, neck and heels. Downward facing dog builds energy and vitality.

How to do it?

- You will need a sticky mat to do this pose, to prevent your hands and feet slipping.
- Start on hands and knees with your hands at shoulder width and your knees and feet at hip width.
- Tuck your toes under and lift your hips to the sky coming into an inverted "V" position.
- Fan your fingers, point your index fingers straight forward. Activate your arm muscles and lift your arm bones upwards, protecting your wrists by sending weight into your finger joints.
- Tilt your tail up to the sky. Your heels may be off the floor. Engage your thigh muscles.
- Suspend your spine from your hips. Relax your shoulder blades onto your back. Avoid over-extending your shoulders or collapsing towards the floor.
- Relax your neck and jaw. Rest your gaze at the floor
- Breathe deeply through your nose, expanding your ribcage on inhales, and engaging your abdominal muscles on exhales.

