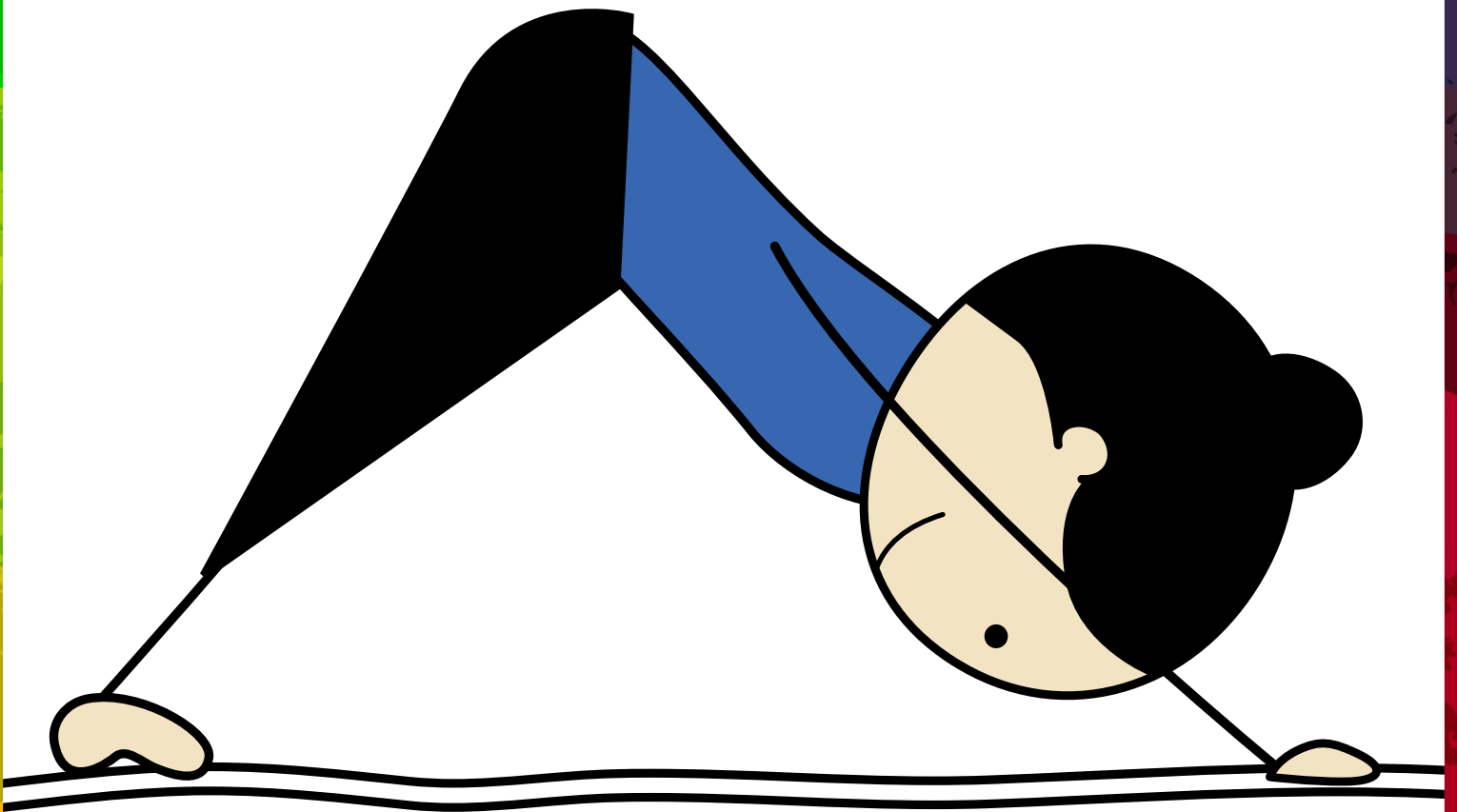


Downward Dog



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Downward Dog

Purpose: Improves balance. Stretches the back and the hamstring muscles (back of the thighs). Strengthens the shoulders, arms and the core muscles. Stimulates the vestibular system with the inverted position of the head. Relieves lower back compression.

Directions:

1. Start on the floor on hands and knees or Cat/Camel pose. Flex the ankle and place the balls of the feet on the floor.
2. Lift the hips up towards the sky. Slowly straighten the knees. Stretch the heels down to the floor.
3. Press the hands into the floor, pushing the arms away from the floor. Tighten the belly. Keep lifting the hips towards the sky trying to keep the heels on the floor.
4. Relax the head between the upper arms but don't let it hang.
5. Hold this position and breathe deeply.