

How to:



## Adho Mukha Svanasana Downward Facing Dog

Adjustments and variations, prep and follow-up poses, advancements

**Relevant Anatomy: Internal and external benefits / risks**

**Other Benefits to Class: spiritual, chakras, sequence development...**

## **SHORT SCRIPT:**

- Press the top of the palms into your mat and spread your fingers wide.
- Suck in your stomach and push your tailbone back and up.
- Keep your knees bent and heels high; pull your shoulders away from the ears.
- Flatten your upper back and press your chest toward your knees.
- Push your tailbone away from your hands, and then, begin to straighten the legs and press your heels toward the floor.
  
- To release: Suck in the stomach and slowly lower your hips to plank pose.
  
- *ALT: Lift the right leg high in the air and lunge it forward to the front of the mat.*
- *ALT 2: Bend the knees, and jump or step to the front of the mat.*
- *ALT 3: Drop to your knees.*

## **MY EXTENDED SCRIPT (what I like to talk about in this pose)**