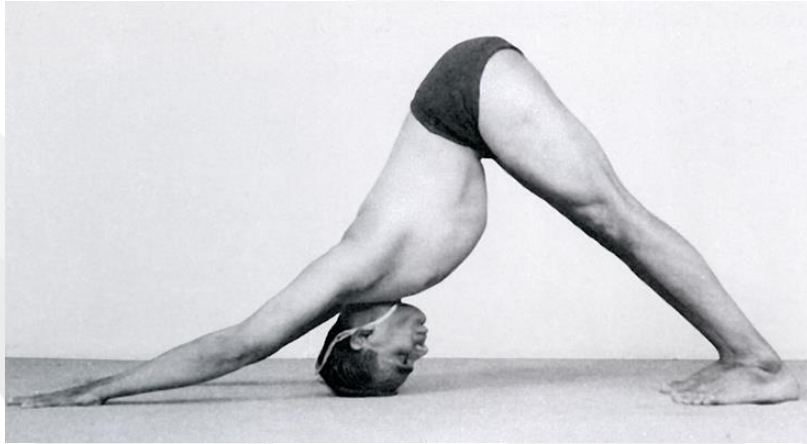


Adho Mukha Svanasana

(Downward-facing Dog Stretch)



1-Lie face-down with your legs hip-width apart. Rest the tops of your feet on the floor with your toes pointing backwards. Place your palms beside your chest with your fingers pointing forwards.

2-Turn your toes towards you knees. Press into your hands and straighten your arms to come to a kneeling position. Open your chest.

3-Exhale and straighten your legs. Lift you hips and move your trunk towards your legs. Keep your hips high and press your heels down. To prevent strain, rest your head on a bolster or folded blankets. Hold for 60 seconds, breathing evenly. Exhale, lift your head, stretch your trunk forwards, and lower yourself to the floor to rest.

Source: Yoga Wisdom and Practice
By: B.K.S Iyengar,
Dorling Kindersley publication, 2009