

Posture/Asana: Downward Facing Dog

Sanskrit name: Adho Mukha Svanasana

Precautions: Shoulder or wrist injury, low blood pressure, headache

Modifications: Hands on the wall, kneeling (half down dog), or bent knees

Benefits:

- Stretches the backs of the legs
- Elongates the spine
- Opens the chest and shoulders for better posture
- Strengthens the upper body
- Increases circulation to the whole body
- Energizing
- Clears the sinuses

