

Adho Mukha Svanasana: Downward Facing Dog Pose Practice time: 30 seconds – 2 minutes.

Benefits:

Wakes you up. Stretches the arms, shoulders, spine and legs all at the same time. Boosts circulation and energizes the body. Calms the brain.

Uttanasana:

Standing Forward Bend Pose

Practice time: 20 to 60 seconds.

Benefits:

Brings flexibility through the pelvis and spine. Wakes up the hamstrings. Relieves mental strain and physical tiredness. Soothes the mind.

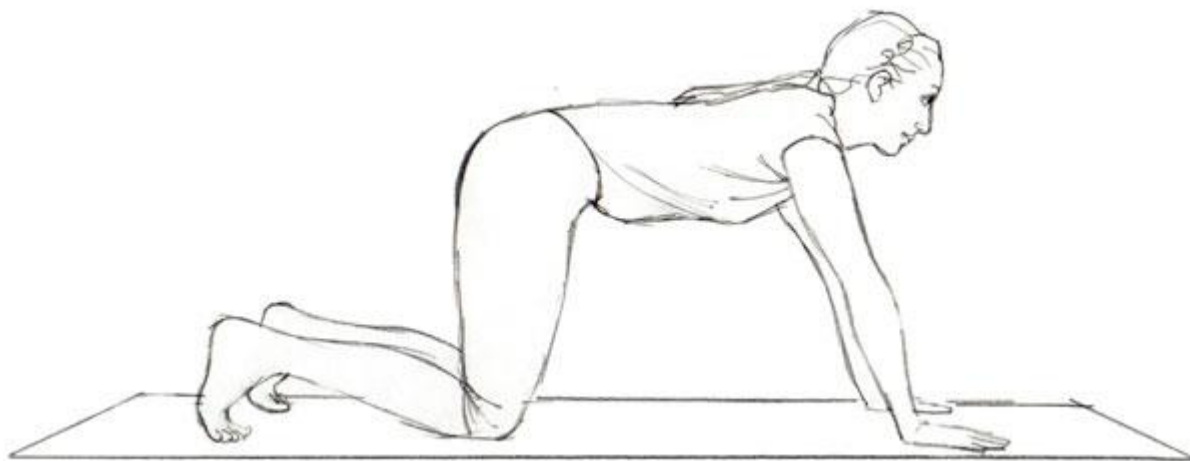
Vasisthasana

Practice time: 10 to 30 seconds.

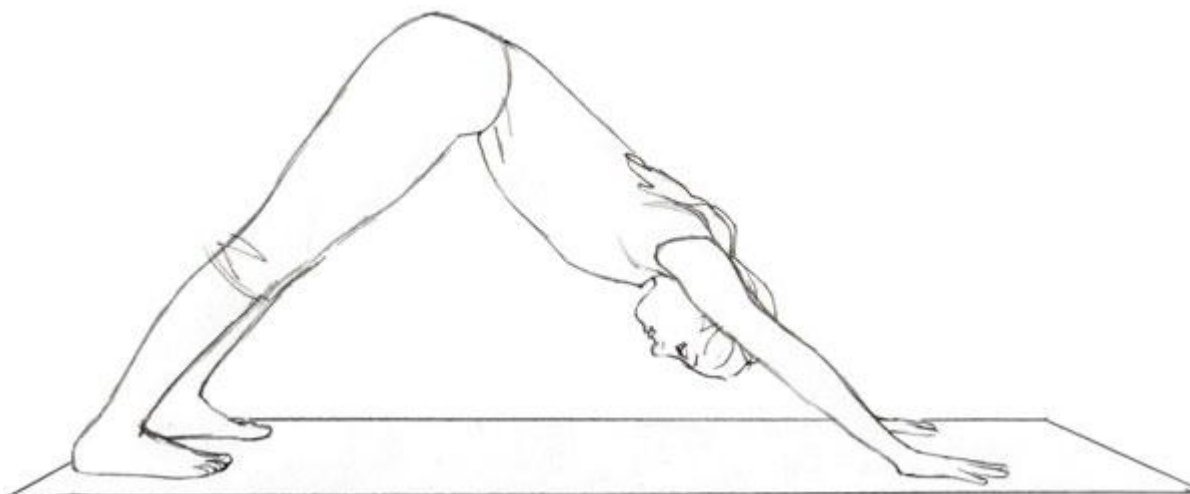
Benefits:

Strengthens the arms.

Adho Mukha Svanasana (Downward Facing Dog Pose)

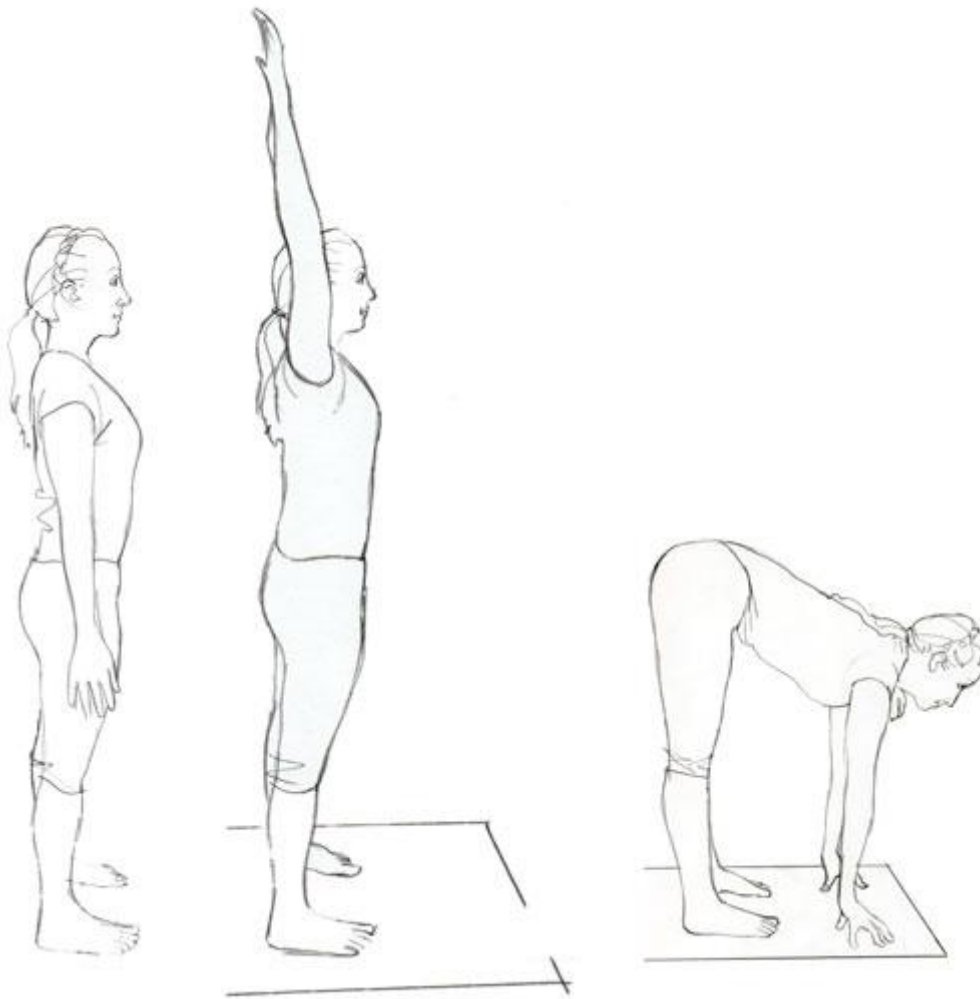


Kneel down on the floor with your toes turned under. Place your hands, shoulder width apart, on the floor one foot in front of your shoulders. Spread your palms and fingers.



Raise your knees off the floor and swing your hips and torso back. Broaden the soles of the feet, and fully straighten your arms and legs. Continue to press the outer corners of the pelvis back until you feel your armpits and side waist stretching and your calves broadening and opening.

Uttanasana (Standing Forward Bend Pose)



Stand up straight and tall on your yoga mat, with your feet hip-width apart.

Holding your legs firm, raise your arms above your head, palms facing forward. Exhale and sweeping your arms forward and down, bend forward from the hips.

Reach down and press your fingers and thumb tips onto the floor in line with your shoulders and look up. Roll your shoulders back. Take one or two breaths.



With an exhalation, extend your torso down and release your head toward the floor.

Allow your breath to become quiet and even.

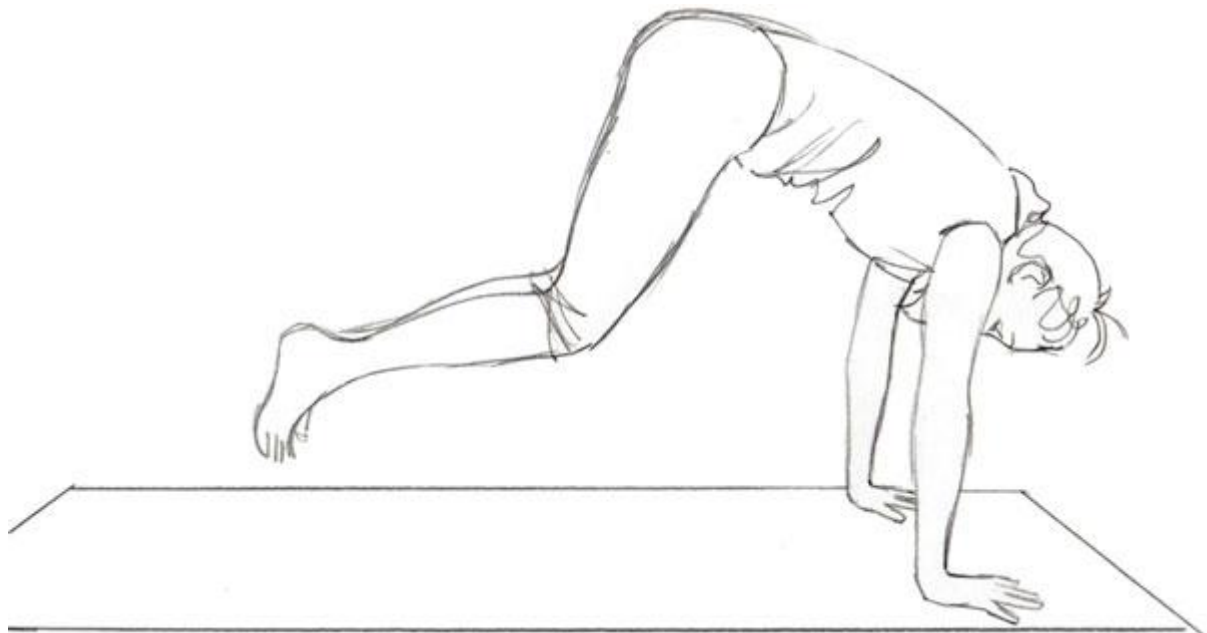
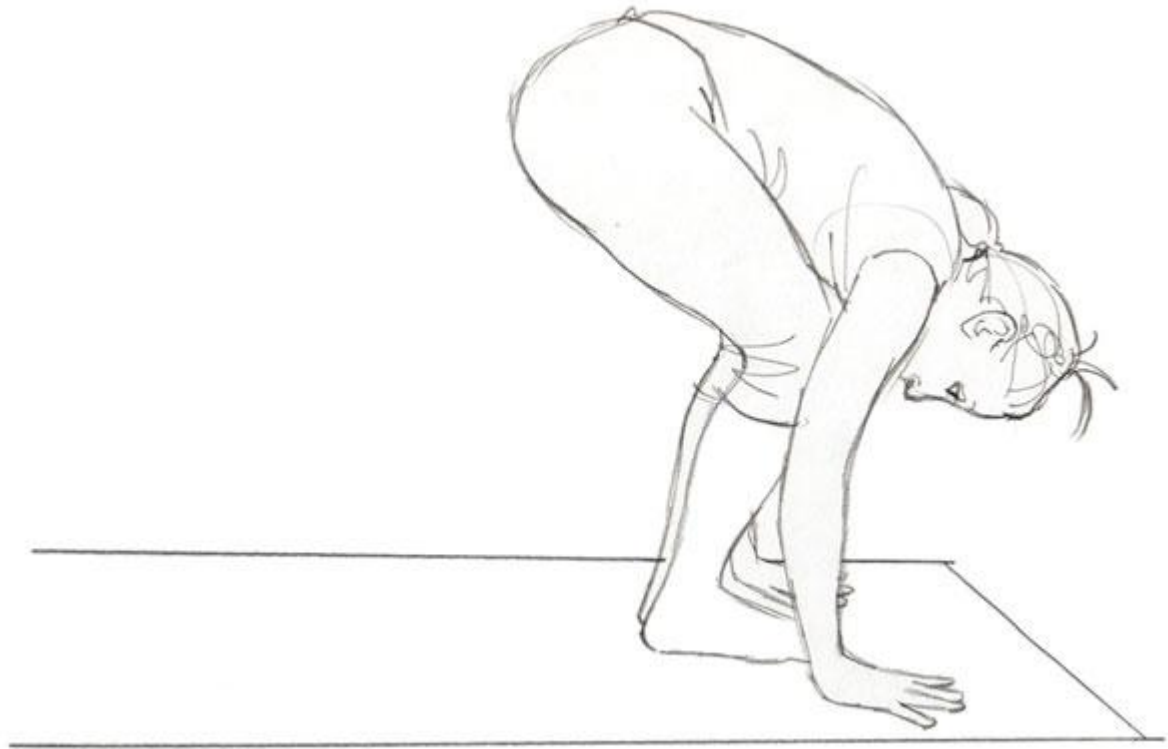
PRACTICE NOTE:

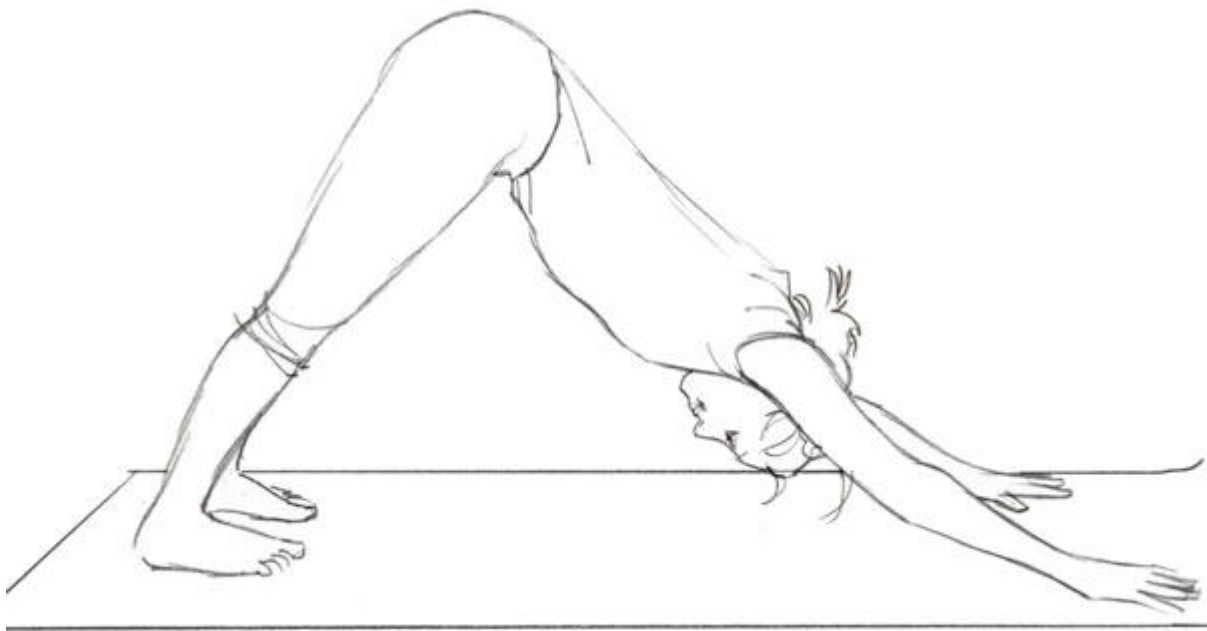
If your hands do not reach the floor without bending your legs, hold your shin-bones or place your hands on blocks. Those with herniated discs: do not practice the final pose where the head is down.



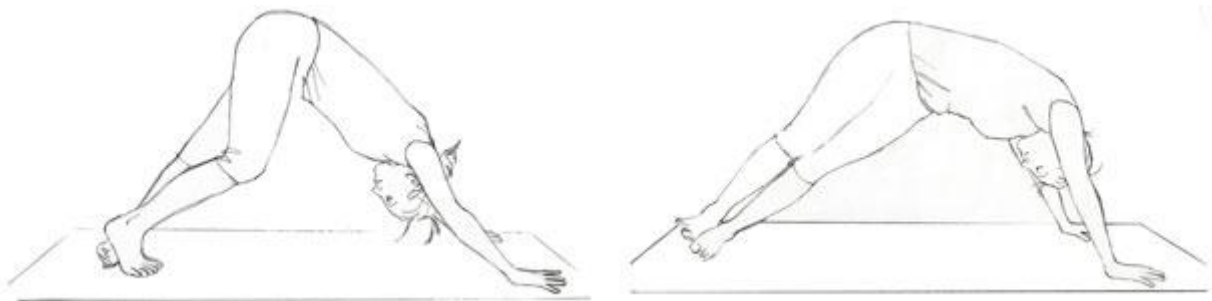
If possible, slide your hands beside your feet. To bend further forward, lift your inner thighs up into your pelvis and lift your sit bones away from your back thighs. Press down through the outer edges of your feet. If possible, press your palms back and down.

Vasisthasana

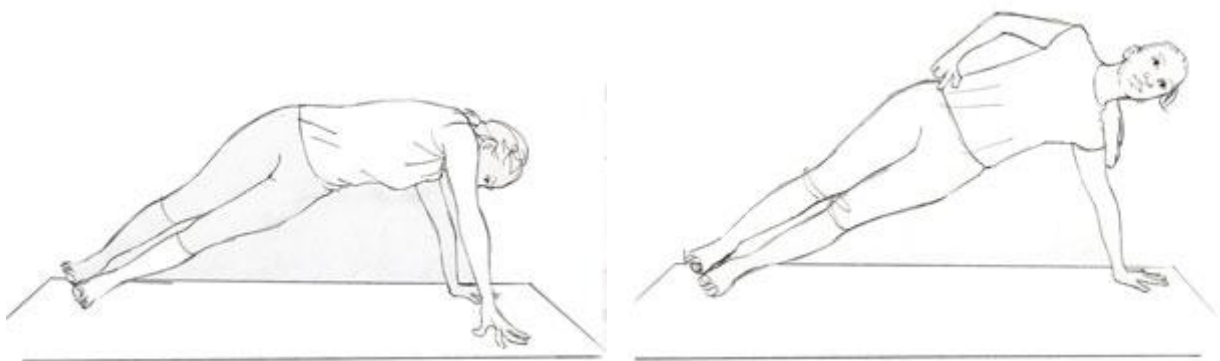




Jump back from Uttanasana to Adho Mukha Svanasana.

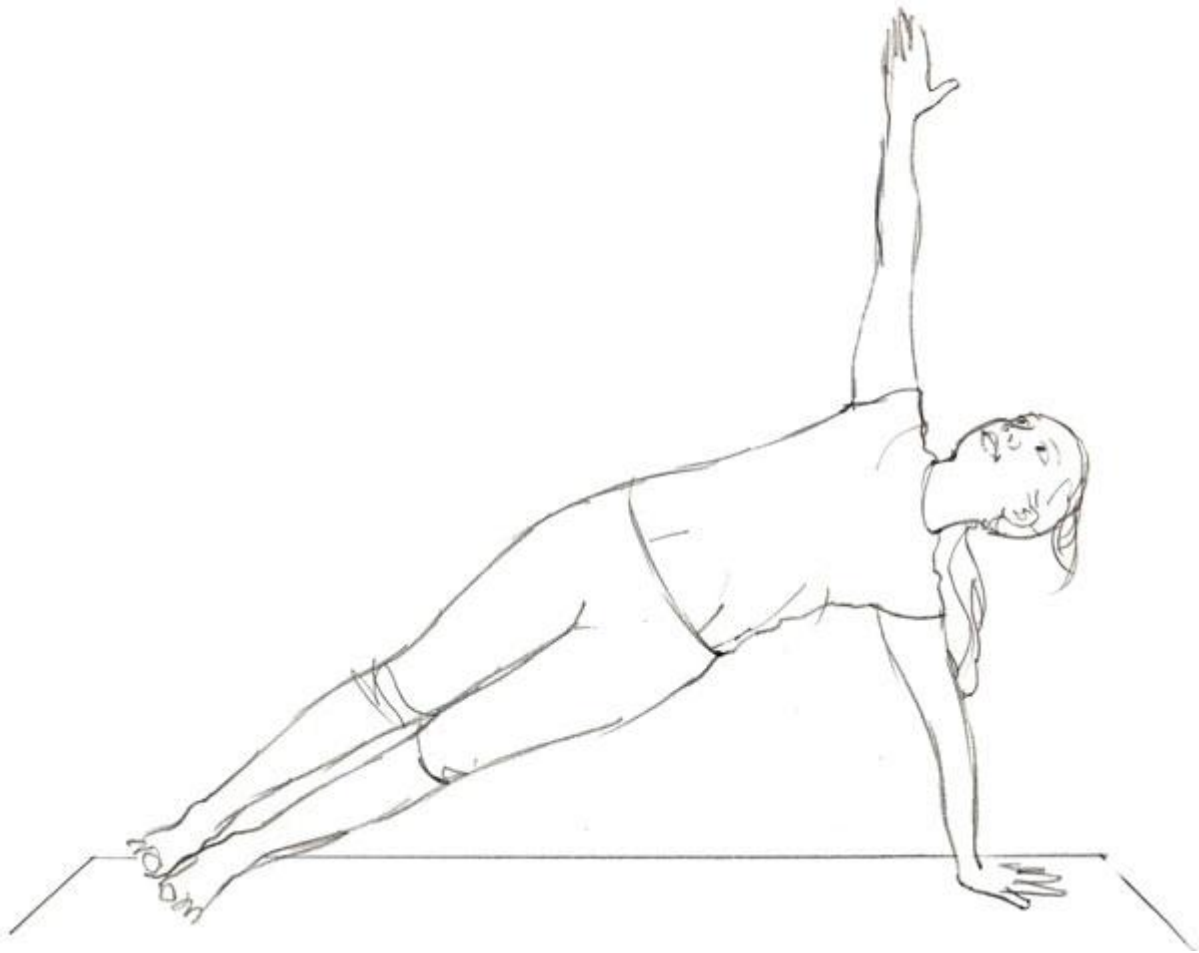


Keeping your left foot in line with your left hand, roll your left foot onto its outer edge, and stack your right foot on top of the left. Place your right hand onto your right hip, turn your torso to the right. Support the weight of your body on the outer edge of your left foot and the entire palm of the left hand.



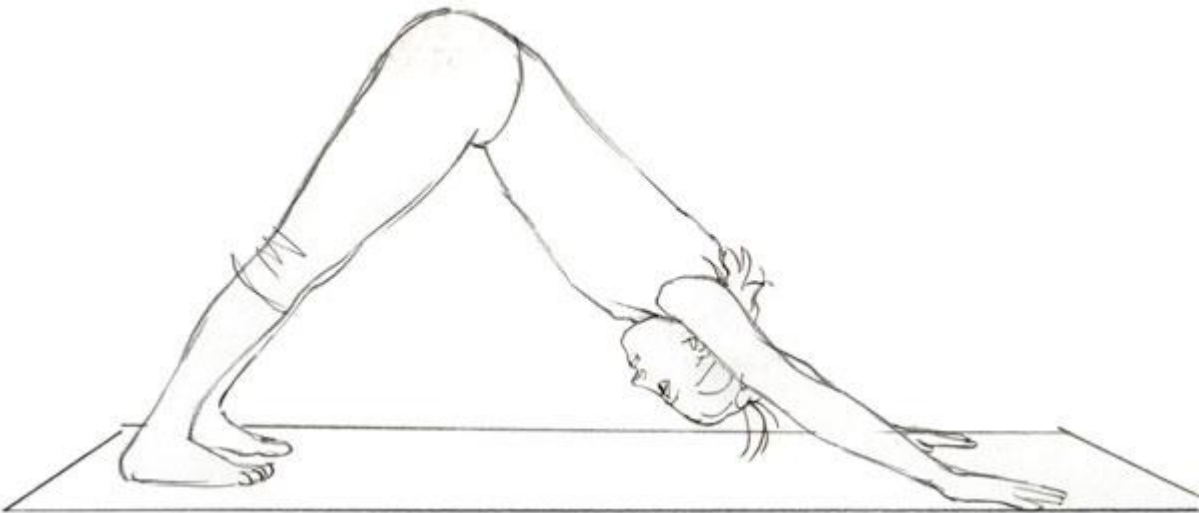
Make sure the left hand is slightly in front of its shoulder. Straighten the arm by firming the triceps muscle up onto the shoulder-blade, and press the base of the index finger firmly against the floor.

Press the shoulder blades against the upper back and sacrum into the pelvis. Straighten the legs, and press through the heels and balls of the feet. Align your entire body into one long diagonal line from the heels to the crown.



Raise your right arm up, extending it parallel to the line of the shoulders. Either look straight ahead, or turn your head to gaze up at the upper hand.

Come back to Adho Mukha Svanasana, take a few breaths, and repeat on the other side.



Come back to Adho Mukha Svanasana. Jump forward to Uttanasana.



To come up: place your hands on your hips and come up slowly, without disturbing the internal rotation of the legs. As you come back to standing, observe which leg is dominant?