

Downward Dog



Description: Yoga (flexibility & balance). Use the Downward Dog pose to work on your balance, flexibility and stability.

Instructions

1. From the standing position, bend your knees and reach down to plant hands on the ground.
2. Walk your feet back a few steps and begin to straighten your legs as far as you can or until your heels touch the ground.
3. You should feel the stretch in your hamstrings (back of upper legs).
4. While in this position, keep your head between your arms and look back towards your feet.
5. Hold the stretch for 30 seconds.

Tips & Modifications

- Walking your feet farther out or bend your knees to modify the pose.
- For more of a challenge, lift one leg in the air at a time (single leg dog).



Click here or scan the QR Code to the right to watch video instructions!

