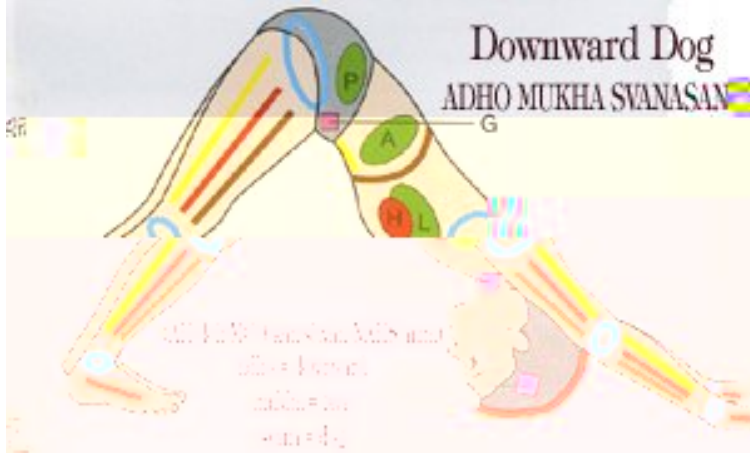


# Integrated Yoga for Health and Wellness

## Practice Posture for Saturday 10:30 a.m. Class

### Yoga Hive Studio & Wellness Center



#### Benefits:

Downward facing dog deeply stretches the back, opens the chest, and builds upper body strength.

This posture stimulates the brain and nervous system, improving memory, concentration, hearing and eyesight.

**Contraindications:** carpal tunnel, chronic hip or back pain and late term pregnancy .

#### Step by Step

Come to your hands and knees with the wrists underneath the shoulders and the knees underneath the hips. (Can also be done from cobra)

Curl the toes under and push back raising the hips and straightening the legs. Spread the fingers and ground down from the forearms into the fingertips.

Outwardly rotate the upper arms broadening the collarbones.

Let the head hang, move the shoulder blades away from the ears towards the hips. Engage the quadriceps strongly to take the weight off the arms, making this a resting pose.

Rotate the thighs inward, keep the tail high and sink your heels to the floor.

Check that the distance between your hands and feet is correct by coming forward to a plank position. The distance between the hands and feet should be the same in these two poses. Do not step the feet toward the hands in Down Dog in order to get the heels to the floor. This will happen eventually as the muscles lengthen.