



Dog head down pose
Adho mukha svanasana

Type of pose – forward bend

In Adho mukha svanasana make sure that you keep the following in mind.

1. Your hands are in line with one another and with the feet.
2. Your hands are well spread, with the knuckles of the forefinger and thumb pressed firmly into the mat.
3. Your buttocks are lifted high.
4. You pull up your knee-caps, and open the backs of the knees.
5. You stretch your heels down towards the floor.
6. Your shoulder blades are flattened against your back.
7. Your neck is relaxed.

This pose is contraindicated for: advanced stages of pregnancy. If you have high blood pressure or frequent headaches, support your head with a bolster.