

UP FACE DOG

- Lie face down on the floor with toes pointing backwards.
- Place your hands by your side with fingers pointing forward, elbows tucked in.
- Extend through the spine by reaching forward with the crown of head.
- Push evenly with hands, raising head, chest, torso and legs off the ground.
- Tilt your head back as far as possible and attempt to straighten your arms.

Benefits

- Lengthens the entire front of the body.
- Strengthens legs, arms, wrists and shoulders.
- 'Opens' chest and lungs.
- Firms the buttocks.
- Stimulates abdominal organs.
- Balance to downward facing dog (41).

Beginners Advice

- Keep your legs on the ground and lift only the torso or position a rolled blanket underneath the top of your thighs.
- Keep arms slightly bent, depending on the tightness of your body.

Challenge

- To increase the strength and lightness of this pose, lift up onto the balls of your feet - toes pointing forward and push out through the heels.
- Lift the top of sternum up and forward.

Adjustments / What to look for

- Keep the legs straight, knees locked and hips low to the floor.
- The only points touching the ground are your hands and tops or balls of feet.
- Press the tailbone toward the pubis and lift the pubis toward the navel.
- Actively draw the shoulders away from the ears by pulling the shoulder blades toward the tailbone, and puffing the side ribs forward.
- Lift through the in breath and lengthen with the out breath.

