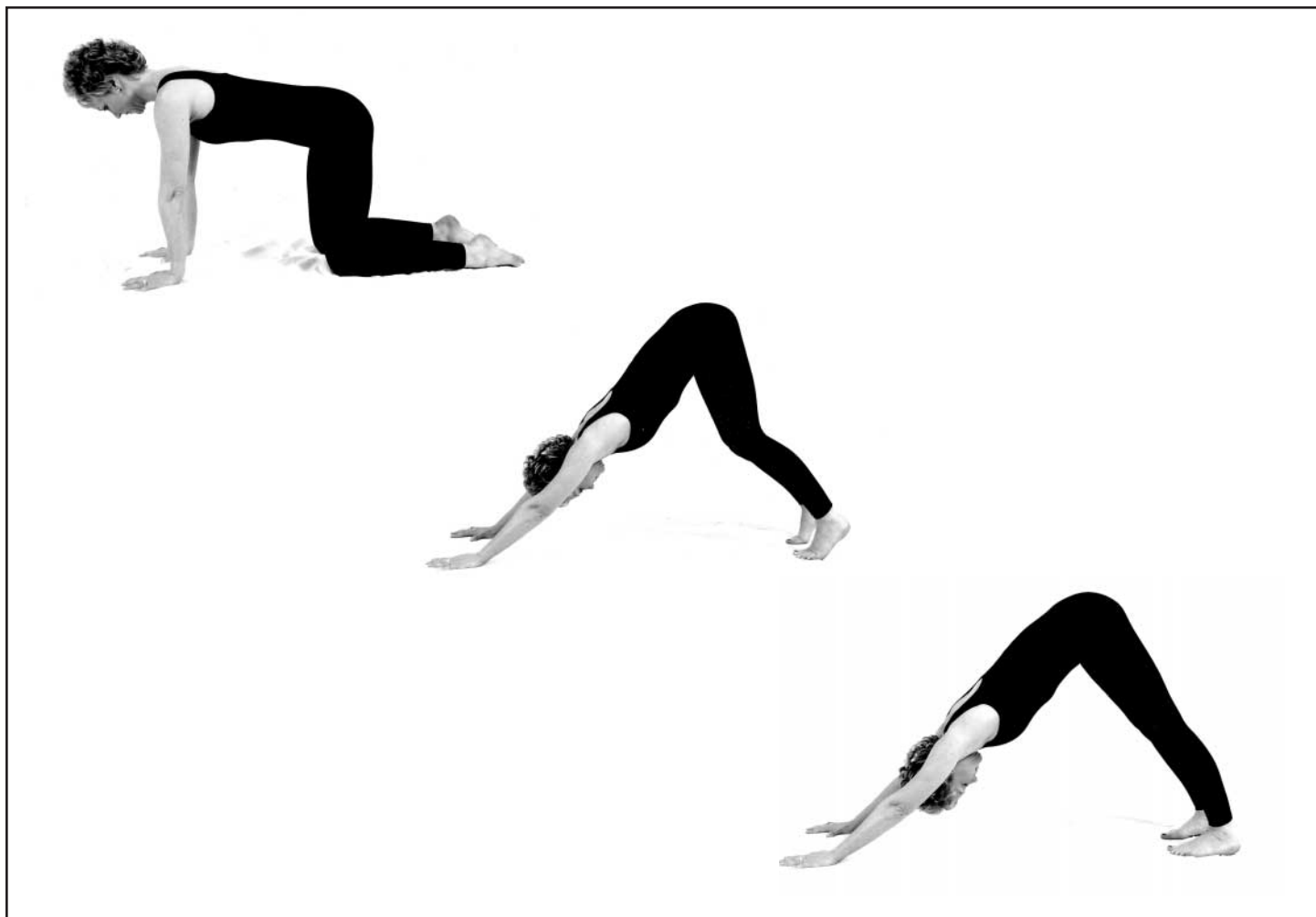


The Preliminaries



Downward Facing Dog Pose

Adho Mukha Svanasara

15 seconds to 1 minute

Instructions:

1. Kneel on all fours with your arms shoulder-width apart and your feet hips-width apart. Flip your toes under so that your heels face the ceiling. Exhale and lift your sitting bones as you straighten your legs. Keep the weight balanced between your hands as you stretch through both arms. Keep the feet parallel and

heels lifted off the floor. If you are more experienced, continue lifting the sitting bones as you lower the heels to the floor. In either case, pull your thighbones back into your hamstrings.

2. Hold for 15 seconds to 1 minute, breathing evenly. Keep your throat soft. Gradually increase your time in the pose to one minute.

3. To come down, bend your knees and come back to all fours.