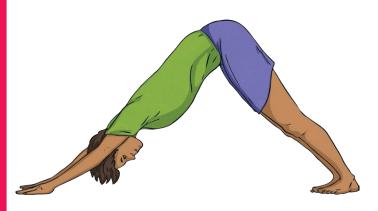
Downward Dog Pose



Benefits

Stretches the shoulders, hamstrings, calves, arches and hands; calms the mind.

- Start on your hands and knees, with your knees slightly apart, directly under the hips.
- Your hands should be shoulder-width apart, and slightly in front of your shoulders.
- Curl your toes under, straighten your knees and lift your hips.
- (4) Keep your head between your arms.
- (5) Hold this pose and breathe.