

# DOWNWARD DOG

## Benefits of Downward Dog

1. **Stretches the lower body.** The inversion of downward dog helps you get into position to stretch the hamstrings, calves, and ankles fully.
2. **Strengthens the upper body.** Downward dog is a weight-bearing exercise, so it's effective at building strength in your shoulders and arms. This yoga pose also engages your midsection to help build strong abdominal muscles.
3. **Stimulates blood flow.** Downward dog is a position that places your heart above your head, allowing gravity to increase blood flow and improve your circulation.
4. **Improves posture.** Downward dog opens up the chest and shoulders, which can help straighten your vertebrae and align your spine, leading to overall improved posture.
5. **Fine-tunes your foot muscles.** This pose stretches and strengthens the major muscles and bones in your body and the smaller muscles in your feet, like the plantar fascia, which is the ligament that connects the heel to the front of the foot. Strengthening this part of your body can improve your walking and help prevent injury to this area when you're performing more strenuous physical activity.