



Downward Facing Dog

Downward Facing Dog, also known as Adho Mukha Svanasana in Sanskrit, is a foundational yoga pose that stretches and strengthens the entire body, particularly the arms, shoulders, hamstrings, calves, and spine.

Here's how to perform Downward Facing Dog:

1. Start on your hands and knees, with your wrists directly under your shoulders and your knees directly under your hips, forming a tabletop position.
2. Spread your fingers wide apart and press firmly into the mat with your palms, distributing the weight evenly across your hands.
3. As you exhale, tuck your toes under and lift your hips up toward the ceiling, straightening your arms and legs. Your body should form an inverted V shape.
4. Keep a slight bend in your knees if needed, especially if you're feeling tightness in your hamstrings.
5. Press your heels toward the ground while lengthening through your spine, reaching your tailbone toward the ceiling.
6. Engage your quadriceps to lift your thighs upward and draw your belly button toward your spine to engage your core.
7. Relax your neck and let your head hang between your arms, allowing your gaze to fall toward your feet or your navel.
8. Take slow, deep breaths in this pose, focusing on lengthening your spine with each inhale and deepening the stretch with each exhale.
9. Hold Downward Facing Dog for several breaths, aiming to stay in the pose for about 30 seconds to 1 minute, or longer if comfortable.
10. To release the pose, exhale as you gently lower your knees back down to the mat, returning to tabletop position.

Downward Facing Dog can be practiced on its own or as part of a yoga sequence to warm up the body, build strength, and improve flexibility.