

POSE 18 Inversions

Adhomuka Svanasana
Downward Dog

Adhomuka Svanasana calms the brain and gently stimulates the nerves. It strengthens arms and legs, tones feet and hands, increase flexibility. Opens shoulders and hips. Puts the spine in traction, relieving lower backache.

The Downward Dog helps with self-confidence, releases headaches and hypertension. Tones and relaxes the nervous system. Helps rest and rejuvenate the heart. Reduces the "heavy-headed" feeling associated with menopause.



Props

- Sticky mat, one yoga blanket, and for the alternative pose two blocks.

Please refer to my website for information about all yoga props from Hugger Mugger™
joann.yoga/yoga/yoga-props/

Foundation

1. Start with the Pose of the Child, after ten cycles of breath, tuck the toes under, just like in **photo 1**.

Getting into the pose

2. Form the pose of the child, with toes tucked under, lift the sit-bones (ischium) bringing hips up and extending the legs, just like in **photo 2**.
3. Drive the front of the legs to the back, and the back of the legs to the front.

4. Bring-in weight throughout the metatarsals. Keep the heels down, just like in **photo 3**.
5. In the POSE (**main photo**), establish a smooth rhythm of breath, and hold for seven breath cycles.

Release

6. Gently release both knees simultaneously to the floor, and reestablish the Pose of the Child. Return to a smooth rhythm of breath.

Alternative Pose – less strenuous and allows for a better stretch.

- Place the blocks at the wall to reduce the strain on the shoulder joints. This variation makes the legs work more, but at the same time the wall offers a perception of security and balance.



Duration: Keep the pose for **seven breath cycles**.

Extra focus:

- Weighting the fifth toe metatarsal.
- Creating the symmetry in the inner-ankles.
- Driving the heels down.

Avoid:

- Moving the shoulders and head forward.
- Bending the elbows.