



## Ms. Julie C.'s Yoga Poses: Downward Facing Dog



### Down Dog Pose

- Press down through the heels, but it's not important that they touch the floor.
- Lift the sitting bones upward.
- Push the chest toward the knees.

### Modifications

- You can place a rolled towel under the heels to press into.
- The front edge of the mat can be rolled under the heel of the hand to alleviate wrist pressure.

### Benefits

- Stretches the hamstrings.
- Strengthens arms and shoulders