



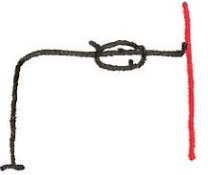






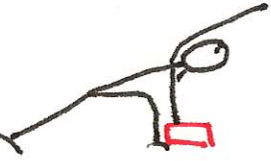
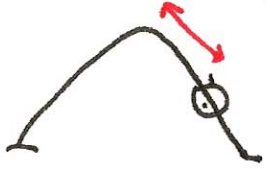
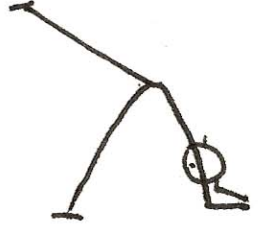
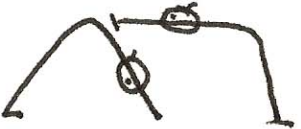
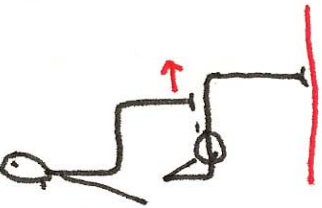






Down Dog Clinic (Upper Body)

Learn to lengthen *Latissimus Dorsi* and relax between the shoulders to find ease in the upper body in Down Dog.

 <p>Hug Shoulders (relax Rhomboids)</p>	 <p>Supta Padangusthasana I</p>	 <p>Backbend over Roll (arms strapped, hold block)</p>	<p>Expanding Energy of Torso</p>  <p>Uttabodhi Mudra (from prayer, extend index & thumb together, hold at chest)</p>	 <p>Half Dog @ wall</p>
 <p>Elbow Dog @ wall</p>	 <p>Side Bend @ wall</p>	 <p>Prasarita Padottanasana (block extended forward)</p>	 <p>Adho Mukha Svanasana (weight on knuckles)</p>	 <p>Childs (hands clasped)</p>
 <p>Trikonasana (arm over head)</p>	 <p>Parsva Konasana</p>	 <p>Adho Mukha Svanasana (extend side body)</p>	 <p>Dolphin (lift leg behind)</p>	<p>PARTNER</p>  <p>Adho Mukha Svanasana (ground hands, open shoulders, press sacrum)</p>
<p>PARTNER</p>  <p>Ardha Pincha Mayurasana</p>	 <p>Childs (hug shoulders)</p>	 <p>Pascimottanasana</p>	 <p>Reclining Twist</p>	 <p>Savasana</p>