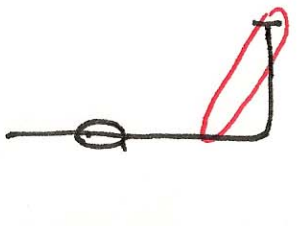
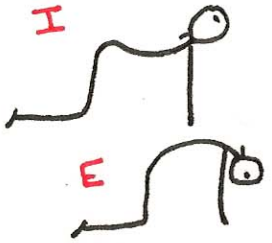
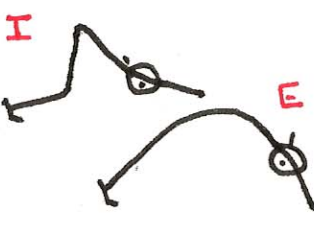





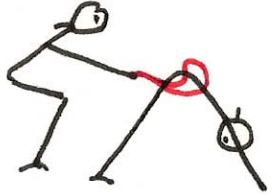
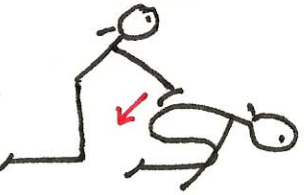
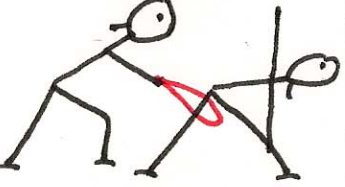

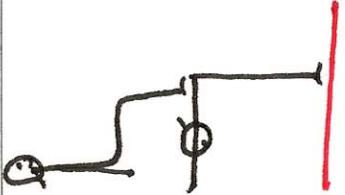
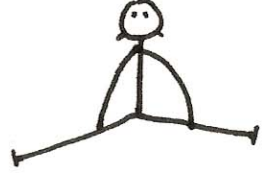
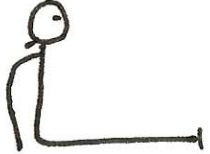
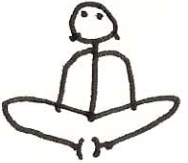


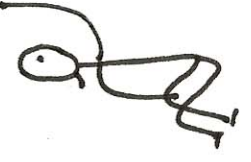
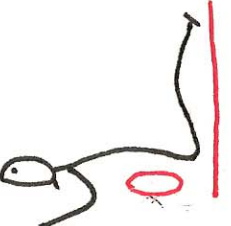


# Down Dog Clinic (Lower Body)

Learn to apply Mula Bandha by internally rotating thighs and dropping tail bone to bring spaciousness to the pelvis in Down Dog.

 <p>Supta Padangusthasana I (strap over hips &amp; heels)</p>	 <p>Cat/Cow</p>	 <p>Cat/Cow in Adho Mukha Svanasana</p>	 <p>Virasana (Mula Bandha)</p>	<p><b>Expanded Pelvic Energy</b></p>  <p><b>Maha Sacral Mudra</b> (join both thumbs &amp; pinkies, touch ring fingers, extend others away)</p>
 <p>Tadasana w/ block (internal &amp; external rotation)</p>	 <p>Uttanasana w/ block (press thighs out, drop tail, Mula Bandha)</p>	 <p>Prasarita Padottanasana (rotate thighs out, drop tail, Mula Bandha)</p>	<p><b>PARTNER</b></p>  <p>Adho Mukha Svanasana (strap over sacrum, thru legs)</p>	<p><b>PARTNER</b></p>  <p>Balasana (press on sacrum)</p>
<p><b>PARTNER</b></p>  <p>Trikonasana (strap around back thigh)</p>	 <p>Adho Mukha Svanasana (find neutral pelvis)</p>	<p><b>PARTNER</b></p>  <p>Ardha Adho Mukha Vrksasana (ground thighs)</p>	 <p>Upavista Konasana (press thighs out, drop tail, Mula Bandha)</p>	 <p>Dandasana</p>
 <p>Baddha Konasana (press thighs out, drop tail, Mula Bandha)</p>	 <p>Anandabalasana</p>	 <p>Setu Bandha</p>	 <p>Reclining Twist</p>	 <p>Viparita Karani</p>