

Down Dog



1a. Start on all fours with hands shoulder width apart. Sit back on heels and stretch arms out in front of you.

1b. Spread fingers wide.

1c. Come up onto hands and feet. Press tailbone to the ceiling and heels toward the ground. Keeping shoulders open, bring chest toward toes. Bend knees slightly, opening chest/shoulders more. Straighten knees.

Hold 60 seconds.



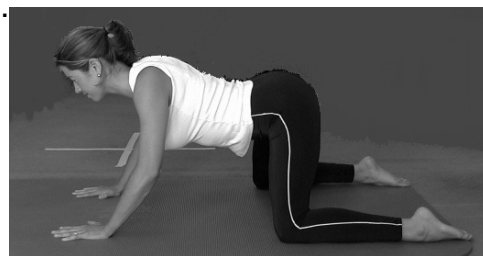
Lion

2a. Start on hands and knees with knees and feet slightly wider than hips. Keep hands directly under shoulders and spine in neutral.

2b. Pressing with palms, slowly sit buttocks back between heels without moving hands/feet. Hold 30 secs.

2c. Shift weight forward onto hands bringing body just past start position. Tuck pelvis, squeezing buttocks and opening front of hips. Hold 10 seconds.

2d. Shift weight back to neutral and tilt pelvis to arch lower back.



Repeat \_\_\_\_ times.