

Down-facing Dog pose

Adho Mukha Svanasana

19.



Do the same as for the plank pose.

Then bend at the

waist keeping your legs straight. Your arms, body and head should make one line. By doing this pose you will clear channels in your legs, arms and waist. Blood with prana will wash your arms, body and head. By doing this you will renew the blood in your legs. Endurance is acquired by this pose, it will balance blood and energy level in your body.

In the beginning keep legs bent, do not support on soles. With the practice, try to straighten up the legs and support with soles on the ground. Try to stretch hands like you are pushing away from the ground.