



DOWNWARD DOG

- Place: Indoor or Outdoor
- Equipment: Comfortable clothes
- Optional: Yoga mat or towel

Directions

- Before beginning, make sure you have room to stretch out.
- Begin on your hands and knees. Your wrists should be underneath your shoulders, and your knees underneath your hips.
- Inhale as you tuck your toes under your heels. Then exhale to lift your hips coming into an upside down "V" shape called Downward Facing Dog.
- Spread your fingers wide and create a straight line between your middle fingers and elbows.
- Then, press your palm into the mat, not just your fingers. This will take the stress off your wrists.
- Work on straightening your legs and lowering your heels toward the ground. It's okay if your heels don't reach the ground. Just TRYing will give you a great stretch.
- Your heels should be slightly wider than your toes, so the outside edges of your feet are parallel with the outside edges of your mat.
- Relax your head between your arms, and direct your gaze through your legs or up toward your belly button.
- Work on holding for five breaths



When TRYing stretches, the most important thing to remember is to pay attention to and respect your body. Stretching should never feel painful. If a stretch feels painful, that's a sign that you have taken it too far, and need to back off. When done correctly, stretches can be a fantastic way to release stress year-round. Which stretches will you TRY next?

Always get your parents' help or permission before attempting this move. (You never know, they may want to join you!)