



Week Two: Downward Facing Dog/Child's Pose

Benefits:

- Decreases back pain by strengthening the entire back and shoulder girdle
- Elongates and strengthens shoulders
- Decreases tension and headaches by elongating the cervical spine and relaxing the head

How to:

From tabletop position, walk your hands toward the front of the mat. As you reach forward with your arms, draw your hips up and back. If possible, keep hips lifted in the air finding extension from your tail bone, through your spine and all the way to your finger tips. If you are struggling with balance, drop your hips and sit back toward your heels (as shown by Derrick).

Inclusive version: from tabletop, tuck your toes under and lift your hips coming into an inverted "v." Let your head relax between your shoulders and let your hips drop to toward the ground.