

Crown Of Head: Reaches Toward Ceiling

Drishti: Forward
Or To Tip Of Nose

Chin: Down, In,
& Back

Clavicles: Laterally
Lengthening

Chest: Broad
& Wide

Back of Neck: Elongates

Shoulders: Release & Roll Back & Down

Lower Back: Lengthens & Extends

Butt: Slightly Engaged

Abdomen:
Elongates

Hands:
Fingers
Spreading

Toes: Pointing
Into Plantar
Flexion

Hips:
Lifted Off Floor

Knees:
Lifted Off Floor

Tops Of Feet:
Press Into Floor

Sanskrit Pose:
Urdhva Mukha Svanasana

English Name:
Upward Facing Dog Pose

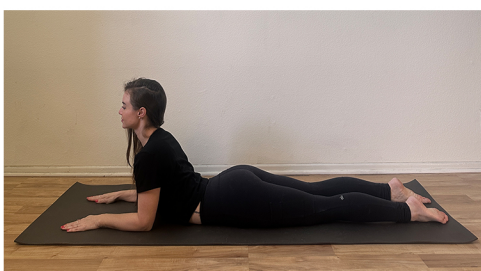
Effects:

Lengthens Hip Flexors
Decreases Pressure On Spinal Discs
Tonifies Spinal Muscles
Expands Chest
Increases Pelvic Circulation

Potential Props:

Wall
Blanket

Alternate Poses In Group:



Sphinx Pose



McKenzie Cobra

***Not Pictured: Bhujangasana (Cobra Pose) and Prone Decompressions**