

Downward-Facing Dog Pose

This pose looks like a dog stretching. Practice of the dog pose relieves fatigue and reinvigorates the body and mind. It is believed to help regulate blood pressure:

Lie face down on a level surface.

Move your feet hip-width apart and tuck your toes under, rising onto the balls of your feet.

Place your palms flat on the floor next to your arm pits. Stretch your fingers straight forward.

Exhale and press the palms and lift your buttocks high into the air. Straighten your arms and legs and lift your heels, stretching from the heels to buttock bones.

Keeping your arms and legs straight, stretch your chest and head through your arms toward your feet. Let the head rest on the floor or other support, like a book.

Keeping your legs straight, stretch your heels toward the floor, pointing your toes forward.

Stretch the spine up, breathing quietly through your nose while keeping your face and eyes relaxed.



Ray

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.