

# Downward Dog

## Why we do it:

Balance. Lengthens spine.  
Opens up the shoulders and chest.  
Variations for mobility and a greater range of movement.

## Functional Benefit:

Stability  
Mobility  
Flexibility



### Level 1:

Start in a kneeling position, hands, knees and feet shoulder width apart, feet on toes.

Lift knees off the ground lifting hips to the ceiling by extending arms and legs, your head between your elbows.

Return to starting position.



### Level 2:

Repeat the level 1 movement.

In position, reach your right hand to your left foot.

Return to starting position and repeat on the opposite side.



### Level 3:

Repeat the level 1 movement.

At the top, hook right leg around left thigh.

Return to starting position and repeat on the opposite side.