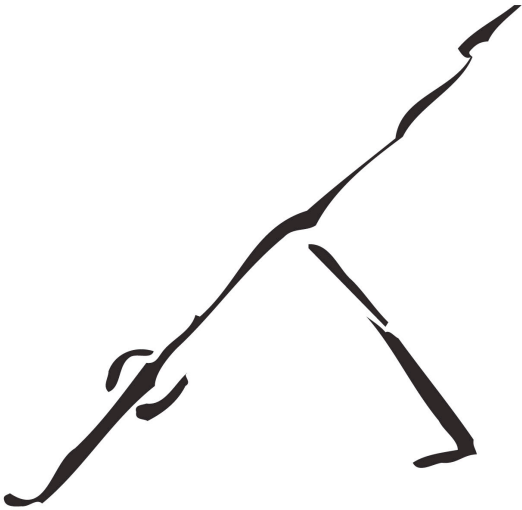


**How to:**



**Eka Pada Adho Mukha Svanasana**  
**One Leg Downward Dog**

**Adjustments and variations, prep and follow-up poses, advancements**

**Relevant Anatomy: Internal and external benefits / risks**

**Other Benefits to Class: spiritual, chakras, sequence development...**

## **SHORT SCRIPT:**

- From Downward Facing Dog, press firmly into your hands and left foot.
- Lift your right foot off the ground and kick it up and back behind you. Try to keep your hips level.
- Press away from the floor with your hands and push the right toes up and back.

## **MY EXTENDED SCRIPT (what I like to talk about in this pose)**