

How to:



Kumara Svanasana Downward Dog - Hip Opening

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 and kick it up and back, twisting your right hip up to drop the leg behind you, twisting your torso in a gentle way.
- Press away from the floor with your hands; squeeze your bum.

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