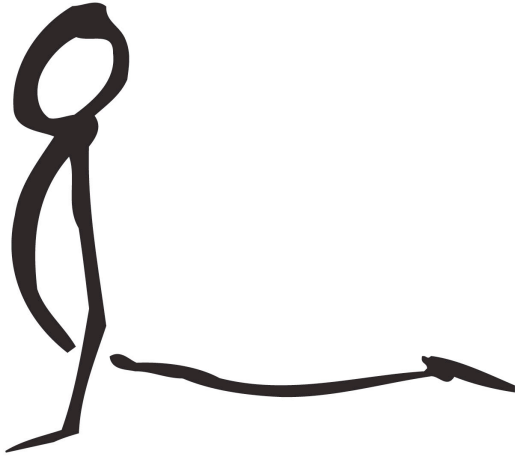


How to:



Urdhva Mukha Svanasana Upward Facing 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 Plank, flip your feet over. Press into your hands and pull your upper body up and forward. Squeeze your legs and push your hips down; belly is tight.
- Pull your shoulders away from your ears; lift and open your chest.
- To release: Back it off and drop to your knees. Then suck in your stomach and push back and up into Plank /// Down Dog.

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