

YOGA

with
tatty bumpkin



DOG

(Adho Mukha Swanasana)



THANK YOU LAURA AND TATTY BUMPKIN

1 Kneel on the mat, and place your hands under your shoulder on the floor, like a cat.

2 Bend your knees and lift your bottom in the air.

3 Slowly straighten your legs and push backwards off your hands.

4 Feel your back becoming longer and longer, and your heels moving towards the floor.

This is the stretch a dog does!

5 If you want to wag your tail, wiggle your bottom from side to side, or, even lift one leg and wag, but don't forget to lift the other leg too!

GOOD FOR ME...

- Makes my shoulders and arms strong
- Stretches my back and legs
- It's good to go upside down!

