

Get Up Dog!



Upward Facing Dog (urdhva mukha svanasana)

This is a wonderfully uplifting yoga pose with many benefits!

- Lifts, opens and stretches the chest, lungs, shoulders and abdomen.
 - Strengthens spine, arms and wrists.
 - Stimulates abdominal organs.
- Improves posture by stretching the anterior spine and strengthening the posterior spine.
 - Helps relieve depression, fatigue and sciatic pain.
 - Increases lung capacity to relieve asthmatic symptoms.

1. From plank pose lower the body about an inch away from the floor.
2. If you're feeling strong keep your knees lifted away from the floor, otherwise lower your knees to the floor.
3. Roll forwards, over your toes, then lift up straightening the arms.
4. Keep your hips low. Open your chest and gaze up into the sky.
5. Stay here for as long as you feel comfortable. Smile. Then release your whole body down to the floor and rest.

Charlotte teaches yoga classes, Sunday workshops and private yoga tuition in Bristol.
To find out more go to www.yogabristol.com or call Charlotte on 07533 732035.

Join Charlotte's mailing list at www.yogabristol.com to receive your free £10 Gift Voucher!
Next Yoga Workshop is on Sunday 21st March.