



Week Three: Cobra/Upward Facing Dog

Benefits:

- Strengthens spine, arms and wrists
- Stretches the chest and shoulders
- Improves posture

How to:

Cobra: Lie on your belly and draw your forearms in front of you, allowing your palms to press into the mat. Your legs should be extended behind you and the tops of your feet should be resting on the mat. As you inhale, lift your heart and lengthen your neck while drawing your shoulders down and back.

Upward Facing Dog: Begin in push-up position with the tops of your feet resting on the mat. As you inhale, lift your chest, hips and thighs away from the ground while lengthening your neck and drawing your shoulders down and away from your ears. In Upward Facing Dog, only the tops of your feet and palms of your hands should be in contact with the mat. Otherwise, you'll want to remain in cobra.