



- Get down on your hand and feet as seen above.
- Straighten your knees and push your heels into the floor.
- At the same time try to keep your back from rounding out as you look down with your head between your arms.
- Feel the stretch in your hamstring and calf muscles.
- Do not force the stretch so much that you feel pain, instead just a gentle stretch in the back of your legs.
- Hold for 30 seconds or until you feel your legs have been adequately stretched.

DOWNWARD FACING DOG