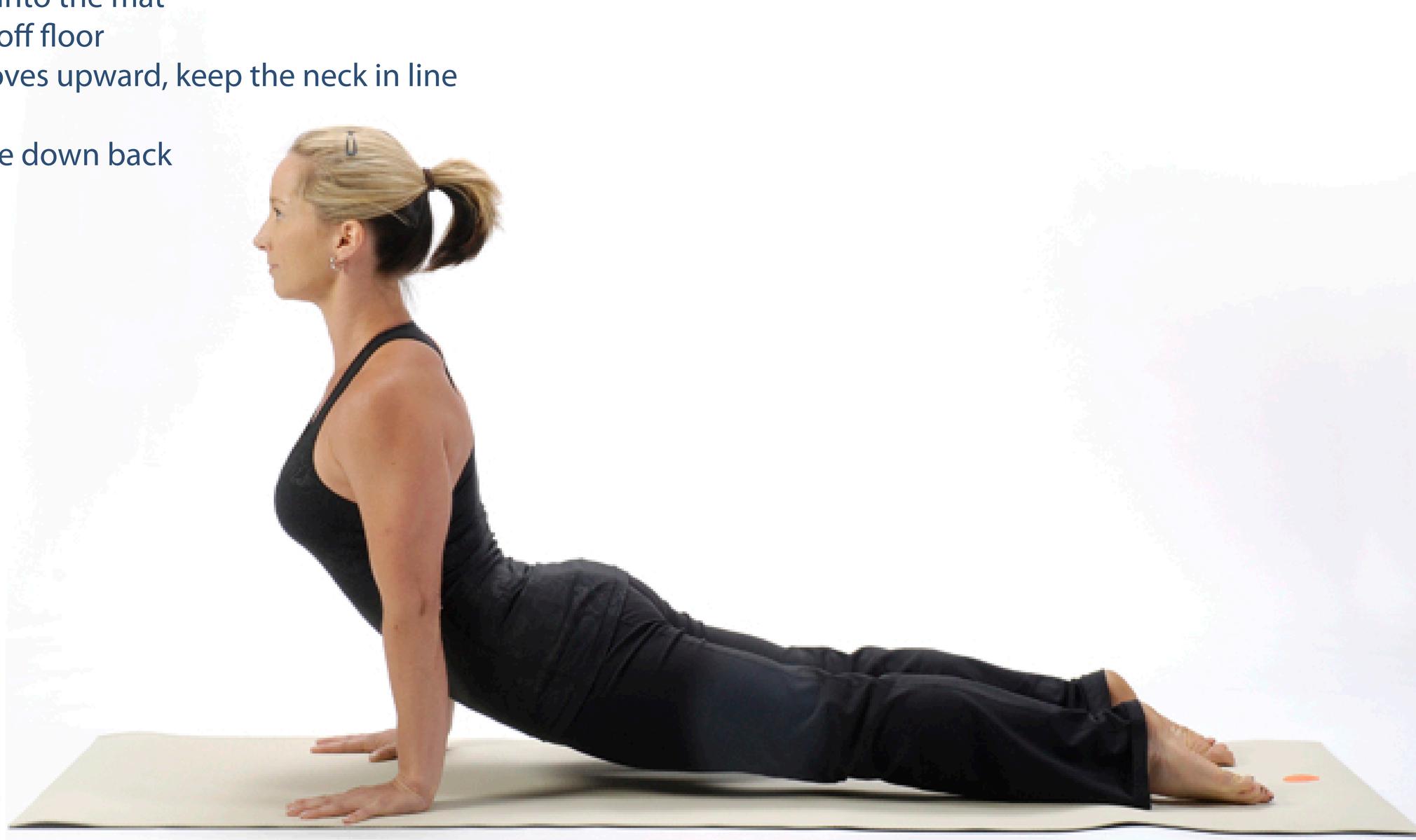
Upward Facing Dog

· From low push-up position, move forward onto tiptoes
· Press chest through arms
· Hands underneath shoulders
· Chest broadens
· Bring shoulder blades down back
· Push the tops of feet into the mat
· Thighs and knees lift off floor
· Back bends, spine moves upward, keep the neck in line with the spine
· Shoulder blades move down back