

Transition from Down-Dog to Up-Dog



2/10/12 Clinic: Transition from Down-Dog to Up-Dog 7 pm. - 9pm.
\$25

This work shop will:

- explore the body mechanics of moving from down dog to up dog safely.
- Stretch and strengthen the muscles associated with these poses.
- Modifications for all levels to find the starting point to work into poses as strength develops.
- Use core-focused sequencing to flow between down dog, plank and up dog.



- Create confidence in these poses to focus on the breath while moving through Sun Salutation.

- We will work through complementary poses such as cobra and plank while using props to access correct form in low plank or Chaturanga Dandasana.
- This confidence in the poses will allow us to focus more on the breath while moving through Sun Salutations.

Spending time on each pose and finding a flow to link them correctly will allow students to move through these poses commonly found in Sun Salutation with greater ease. The shoulders, wrists and spine are particularly vulnerable to pain and misalignment.



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