

Three-Legged Dog Pose

Tri Pada Adho Mukha Svanasana



Benefits

Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain and fatigue.

1

Begin in downward-facing dog (hands and feet on the floor, bottom in the air in an upside-down V).

2

Lift one leg, hold, then lower with an exhale.

3

Repeat with the opposite leg.