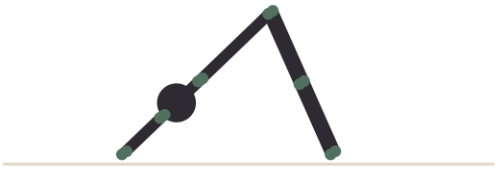
yogalike

Downward-Facing Dog

Adho Mukha Svanasana · Beginner



1. Start on hands and knees, hands a little in front of your shoulders.
2. Tuck your toes and lift your hips up and back.
3. Press the floor away through your hands and lengthen your arms.
4. Let your head hang between your arms.
5. Straighten your legs as far as feels good; bent knees are a fine choice.

What to feel for

Hips are the highest point.

Arms and back in one long line.

Heels reaching toward the floor — they do not need to touch.

Weight shared between hands and feet.

Variations



Legs straight



Bent knees

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=downward-dog&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.