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2.



3.



4.



Shoulder Open Down Dog

1. Start on your hands and knees, feet against the wall and knees hip width apart. Shoulders should be above your elbows. Press your palms together and engage your serratus anterior or baguette muscles under your armpits.
2. Take a breath in, as you exhale pull in your navel and ribs and lift your hips straight up in the air. Maintain engagement of abdominal and serratus anterior muscles. Push your elbows in the floor so that you are as lifted away from the floor as possible.
3. If directed, walk your feet up the wall barefoot, until your legs are parallel to the floor. Remember to keep your navel and ribs in and your serratus anterior muscles engaged!
4. Lift one leg off the wall towards the ceiling. Hold for 5 seconds. Place the leg back on the wall, and repeat with the other leg. Slowly walk feet down the wall to resting position.