

# Pose of the Week 1-26-08

## Upward Facing Dog



### *Urdhva Mukha Svanasana*

(OORD-vah MOO-kah shvon-AHS-anna)

urdhva mukha = face upward (urdhva = upward)

mukha = face)

svana = dog

Upward Facing Dog pose is part of the vinyasa and sun salutation. It is a backbending pose. In the vinyasa/sun salutation, either upward facing dog or cobra can be used between low plank and downward facing dog. Upward facing dog opens the front of the body and strengthens the spine and back.

- Opens chest
- Strengthens Back
- Tones abdominal organs
- Extends the whole spine
- Stretches the abdomen and hip flexors

**Primary Muscles** – Serratus Anterior, Triceps, Glutes, Hamstrings, Back muscles, Spinal Extensors. Stretches the Rectus Abdominus

**Variations** – If this pose is too intense for the back, substitute cobra. If your hips are not off the floor, you may experience hyperextension in the back – better to stay with cobra,

### **Tips** –

- Hands under shoulders
- Lengthen to create space in the low back
- Shoulders roll down and back
- Arms are straight
- Feet are flat and press into the mat
- Neck long and in line with the spine
- Legs active and lifted off the mat
- Slide the hips forward
- Chest comes in front of arms

*/ lift my heart with reverence.*



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