










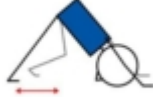

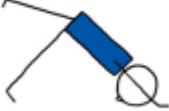





Doga: 30 Variations Of Downward Facing Dog

 <p>Downward Facing Dog</p>	 <p>Dolphin</p>	 <p>Hare</p>	 <p>Prostration</p>	 <p>Extended Puppy</p>	 <p>Standing Fold Knees Bent I</p>
 <p>Downward Facing Dog Knees Bent</p>	 <p>Crouching Cat</p>	 <p>Downward Facing Dog Wide Stance</p>	 <p>Wide Leg Forward Bend</p>	 <p>Standing Fold Arm Lock</p>	 <p>Down Dog Pedal</p>
 <p>Downward Facing Dog Knee To Nose</p>	<p>yoga pose and or type un</p> <p>Down Dog Lunge</p>	 <p>Downward Facing Dog Leg Up</p>	 <p>Downward Facing Dog Split</p>	 <p>Standing Split</p>	 <p>Downward Facing Dog Revolved</p>



Intense Side Stretch III



Bound Triangle

yoga pose
Down Dog Lunge



Humble Warrior



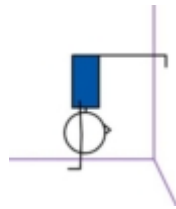
Half Monkey



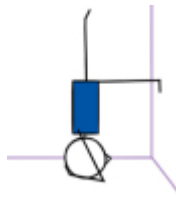
Tripod Headstand Prep



Headstand Preparation



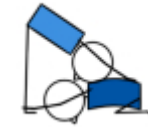
Handstand Against Wall



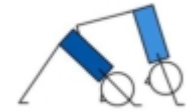
**Headstand Bound
Against Wall**



**Down Dog Lunge
Partner**



Down Dog Child Partner



Double Dog Partner



Plank Dog Partner

Lesson Plan Description:

This plan has 30 variations and modifications for *Downward Facing Dog Pose*- ordered by level of difficulty.

Down Dog is the most popular yoga pose for most yogis.

And with good reason.

Down Dog **creates-space within your spine for-healing light to pour through**. And if that's not good enough to get chipper about, it also: stretches & opens shoulders, calms the nervous system, stimulates abdominal organs & thyroid gland, helps relieve symptoms of menopause, reduces stress & fatigue, therapeutic for backache, headache, infertility, insomnia & sinusitis, tones arms, sculpts thighs, and will set the entire backside of your body free.

Not bad for ONE pose, heh!

When practicing one or more of these *Down Dog* variations, ask yourself one of the dog philosophy mantras (help you tune into dog power).

Dog Philosophy Mantras

"I call upon dog power for-**one pointed focus**."

"I call upon dog power to find more time for **fun**."

"I call upon dog power to prioritise **fun** today."

"I call upon dog power to become a-**champion of service** and find ways to-be of service to my friends, family and community?"

"I call upon dog power to be aware when a friend or family member is in need, so that I can reach out and-**be of service to them**?"

"I call upon dog power to take myself less seriously and **wag my tail** for no reason in particular...just to celebrate life."

"I call upon dog power to-**enjoy the moment**."

You can create lesson plans like this using the [Genie Lesson Planner](#)