

Down Dog Splits

About the Pose

Down dog splits, sometimes known as three-legged dog, is a modern variation of downward-facing dog. It emphasizes rooting through your foundation and lengthening from your base to the sky. This pose is frequently added to sun salutation variations or integrated into creative sequences to highlight extension on an inhale.

Alignment

- From downward-facing dog, on your inhale, lift your right leg high. Lift from your inner right thigh, keep both hip bones squared to the earth, and ensure all five toes face the ground.
- Move from core strength rather than from the periphery. Lengthen from your right wrist through your right heel.
- Repeat on the other side and hold for the same count or add a flow sequence for one inhale.

Modifications and Adaptations

To increase side body and quad stretch, bend your top knee and stack your hips. Keep the equanimity in your shoulders as you add the twist of your pelvis.

