

## **Pose of the Month**

### ***Downward Facing Dolphin***

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DAVID MARTINEZ

We are excited to introduce our new Flow Pose of the Month program. For the month of July, you will experience Downward Facing Dolphin and/or a variation of in all of our Flow classes at Verge Yoga.

With this monthly focus on a pose, you will gain a deeper understanding of the pose, it's benefits, modifications and variations.

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#### **Alignment Cues**

- Pull Shoulders away from ears
- Micro Bend Knees
- Pull Belly into Spine
- Press elbows and wrists into mat.
- Keep neck long

#### **Variations**

- Dolphin Plank
- Turbo Dog
- Dolphin Kicks
- Forearm Balance
- Scorpion
- Sphinx Pose

#### **Benefits**

- Calms the brain and helps relieve stress
- Stretches the shoulders, hamstrings, calves and arches of feet
- Strengthens the arms and legs
- Helps relieve the symptoms of menopause
- Relieves menstrual discomfort
- Helps prevent osteoporosis
- Improves digestion
- Relieves headache, insomnia, back pain, and fatigue