

# Exercise of the Month



## Yoga Flow

**Purpose:** Create a smooth transition between Plank, Chaturanga, Upward Dog, and Downward Dog. Link breath to movement and increase strength and flexibility.

**Target Muscles:** Chest, Triceps, Back, Shoulders, Legs, Core

**Equipment Needed:** Mat

**Start/Movement:** Yoga Flow

- Begin in **plank** position with shoulders over the wrists, a straight body, and the core engaged
- Shift forward on the toes and bend the arms. Maintain a flat back and hug elbows into the body. Lower until elbows and shoulders are in line and arms are bent 90 degrees, this is **chaturanga**
- Roll over the toes or flip the feet one at a time so the tops of the feet are on the ground. Extend the arms and pull the chest through the hands to lift the torso into **upward facing dog** as you inhale
- Press through the hands and lift the hips up toward the sky. Roll over the toes or flip the feet one at a time, into **downward facing dog** as you exhale

[Click here](#) to watch a video demonstration that includes modification options for this yoga flow

