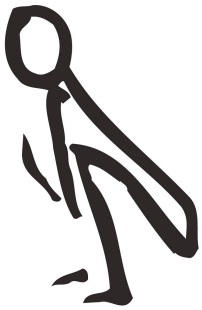
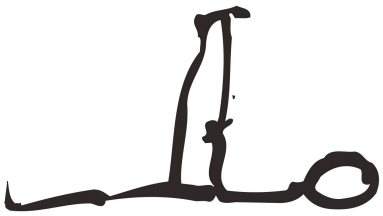
Yoga to Stretch your Calves

 Adho Mukha Svanasana Downward Facing Dog	Curl your toes under and press your hips up toward the ceiling. You will look like an upside-down "V" Press your chest towards your knees and your heels toward the floor. Press into the mat with your hands. Relax your head and neck.
 Uttanasana Standing Forward Bend	From Downward Dog, begin to walk your hands back towards your toes to come into standing forward bend. Allow your torso to hang over your legs.
 Malasana Squat	Stand with your feet slightly wider than hip width apart. Bend your knees and lower your hips towards the floor into a squat. Bring your arms to the inside of your legs pressing out on the elbows against the insides of the knees. Bring your hands into prayer position. Relax your shoulders and lengthen your spine up.
 Supta Padangusthasana Reclining Big Toe Pose	Lie on your back with your legs extended. Bring one knee into your chest. Use a strap on your foot or wrap your hands around the back of your leg. Extend your leg toward the ceiling. Keep your opposite leg on the floor. As the muscles release, draw the foot a little closer to your head. Repeat on the other side.

Yoga Stick Figures available for purchase at:
www.YogaFlavoredLife.com