

POSE OF THE
WEEK:
CHILD'S POSE

BALASANA

your daily practice:
Hold for three breaths, repeat
two more times



HOW TO:

- 1 Toes slightly touching/ knees wider than hip distance (if accessible), fold forward, resting either your forehead or chin lightly on the mat.
- 2 Arms extend towards the front of the mat.
- 3 Shoulders are relaxed, begin to take long deep inhales and exhales.
- 4 Lightly pressing palms into the mat encouraging your bum to lower closer to your heels.

FUN FACT:

Posture helps you to draw inwards and connect to your breath.

BENEFIT:

Restorative posture that stretches the hips and lower back. Having your head below the heart helps calm the nervous system.

GIVE THIS A TRY:

Make this more active by pushing the palms into the mat, elbows lift up half an inch.

Other options (for support):

1. block under the bum
2. block under the forehead