

Child's Pose



Child's Pose Instructions:

1. Get down on your hands and knees.
2. Sit on your heels, separate the knees, lay your torso down and stretch your arms in front of you.
3. Rest your forehead on the mat and relax for 30 seconds to 1 minute.

Mindfulness Practice:

- Keep your knees wide, your toes together, and extend your arms as far as you can. Rest your forehead on the mat, breathe slowly, and as you exhale try to deepen the stretch. Relax as you feel the stretch in your hips and lower back and release all tension.

Benefits of Child's Pose:

- The child's pose is a great stretch for the lower back, glutes, hips, thighs, knees, and ankles. This is a very soothing and calming pose that you can use every time you feel stressed and overwhelmed. This pose also relaxes the spine, shoulders, and neck, and massages your internal organs.