

## CHILD'S POSE

- Kneel on the floor, knees and feet together, resting the buttocks on your heels.
- Be tall up out of your hips.
- Fold at the hips and drape your spine over your thighs.
- Rest your forehead on the floor and extend your arms back along the sides of your trunk with palms facing up.

### Benefits

- Provides an opportunity to focus on breathing as the pose is quite restful.
- Tension release.

### Beginners Advice

- A soft surface so as not to be distracted by discomfort.

### Challenge

- Staying in the pose for longer.
- Softening with the out breath.

### Adjustments / What to look for

- An expansion of the lower part of the abdomen due to good breath mechanics.
- Not reaching too far forward with the forehead.

