

CORPSE POSE

- Lie flat on your back with ankles and feet together, hands by your side palms up.
- Be long from heels to top of head and make one side a mirror of the other.
- Go to your breath and on an out breath allow the feet, ankles and legs to fall where they will.
- Let your whole body soften and melt into the floor, soften your face.
- Breathe away any tension or discomfort, empty the mind of thought.
- Close your eyes and breathe deeply and slowly.
- When it is time and when you are ready slowly open eyes, roll to the right side and sit up.

Benefits

- Calms the mind.
- Rejuvenates the body.

Beginners Advice

- Become aware of the parts of your body that are in contact with the ground.
- Breathe in through the nose and out through the mouth.
- Aim for absolute silence and stillness.

Challenge

- Focus your attention on your breath. Notice if your mind wanders to other thoughts, ideas or outside distractions. Refocus back to your breath.
- Make the breath long, slow and even.
- Try with eyes open.

Adjustments / What to look for

- Be careful not to flatten or exaggerate the curves in either your lower back (lumbar spine) or neck (cervical spine).
- A flat quiet place to lie down.
- Stay in this pose until it is time to finish.

