

## RAG DOLL

- Stand with your feet hip width apart, your heels and toes aligned.
- As you exhale, slide your hands down your legs and fold forward at your hips taking hold of your elbows with each hand.
- Allow your arms to hang over your head with the weight acting as a gentle pull on your hamstrings.
- Ensure that your head and neck are free from tension or holding.
- Soften your knees and breathe deeply - spend time in the pose allowing your elbows to fall towards your feet on each out breath - consciously relaxing and surrendering.
- To come out of the posture, bend at the knees while straightening your upper body gently rising up to finally release your arms back alongside your body.

### Benefits

- Lengthens hamstrings, calves and hips.
- Calms the mind and improves blood flow to the brain.
- Stabilises thighs and knees.

### Beginners Advice

- Begin with 'soft' (slightly bent) knees rather than locked knees.
- Spend short amounts of time in the posture to begin with.
- Practice 'letting go' when you are in this posture.
- Practice by using a wall behind as support in the posture.

### Challenge

- The major challenge in this posture is to fully let go in the posture while also having the added challenge of balance.
- Face a wall with your feet about 20cm away. Go into Rag doll pose and slide your back down the wall on exhalation. The wall provides feedback and adds to the intensity of this posture.

### Adjustments / What to look for

- Excessive backward lean. Ideally a straight line from centre of ankles, knees and hips.
- Soft neck and head hanging.
- 'Holding on' and not fully letting go in the posture.
- Not breathing slowing, evenly and deeply.

