



Child's Pose

Child's Pose, also known as Balasana in Sanskrit, is a restful yoga pose that gently stretches the back, hips, thighs, and ankles, while promoting relaxation and calming the mind. Here's how to perform Child's Pose:

1. Begin by kneeling on your mat with your knees hip-width apart and your big toes touching behind you.
2. Sit back on your heels and exhale as you lower your torso between your thighs.
3. Allow your forehead to rest on the mat and extend your arms forward, palms facing down, or alongside your body with your palms facing up.
4. Relax your shoulders and let them melt toward the ground, releasing any tension in your neck and upper back.
5. Keep your arms active by pressing your palms firmly into the mat and reaching your fingertips forward, lengthening through your spine.
6. If it's comfortable, you can widen your knees slightly to create more space for your torso to settle between your thighs.
7. Take slow, deep breaths in Child's Pose, focusing on expanding your ribcage with each inhale and softening into the pose with each exhale.
8. Allow your entire body to relax and surrender to gravity, sinking deeper into the pose with each breath.
9. Stay in Child's Pose for as long as feels comfortable, typically for 1 to 3 minutes or longer if desired.
10. To release the pose, gently press into your palms and slowly lift your torso back up, returning to a kneeling position.

Child's Pose is often used as a resting pose during yoga practice, and it can also be practiced on its own to relieve stress, tension, and fatigue. It's a gentle pose that is accessible to practitioners of all levels and can be modified to suit individual needs.