



## **Child's Pose Stretch**

Do this stretch for a few minutes before bed, when you need some grounding during your day or when you need to take a break to clear your mind from a stressful situation. This relaxing and restorative pose lets you go inside for a few moments and helps to relieve tension that you may be holding in your back and hips as well as helping to reduce stress and fatigue. If this position bothers your knees or back, do not do this pose.



1. Place your yoga mat or a towel on a solid surface-carpeted floor is fine.
2. Come down into a kneeling position and spread your knees to the sides of the mat while keeping your toes together.
3. Walk your arms out in front of you and lower your torso between your knees until your forehead reaches the mat or floor (see above photo).
4. Keep as much length in your back as possible and avoid rounding through the spine.
5. Rest in this position for a few moments while following your breath in and out.
6. If you would like to rest here for a while, it can be helpful to lie over a pillow or 2 or a cushion-couch cushions work great.
7. You can use a mantra, like Let Go, repeating as you breathe in and out. Think 'Let' on the in breath and 'Go' as you breathe out.
8. As you breathe and relax, feel any tension leaving your body.

