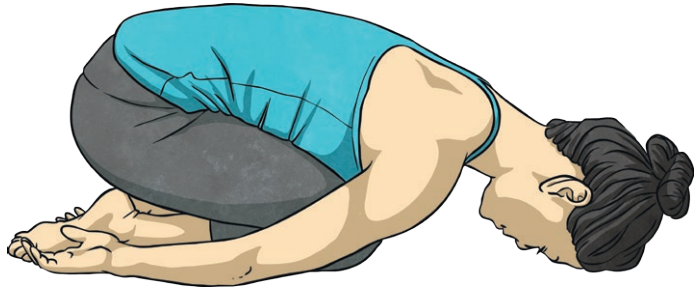


Child's Pose

Balāsana



Benefits

Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

1

Kneel on the floor, touching your big toes together.

2

Sit back on your heels and separate your knees hip-width apart.

3

Exhale, bringing your head down, and rest it on the floor in front of you.

4

Place your hands wherever they are comfortable by your head, your knees, etc.

5

Relax and breathe, holding this pose.