

Child's Pose

- From a standing position, come to your hands and knees
- Point toes so tops of feet are flat on floor
- Shift weight back so hips rest on heels
- Keep big toes together and widen knees to edges of mat, about two feet apart
- Extend arms straight out in front of you with palms facing down
- Bring forehead to ground and take a deep breath

MODIFIED

- Sit in a chair, feet hip-width apart and firmly planted on the ground
- Let head and extended arms dangle
- Reach fingertips towards floor



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