

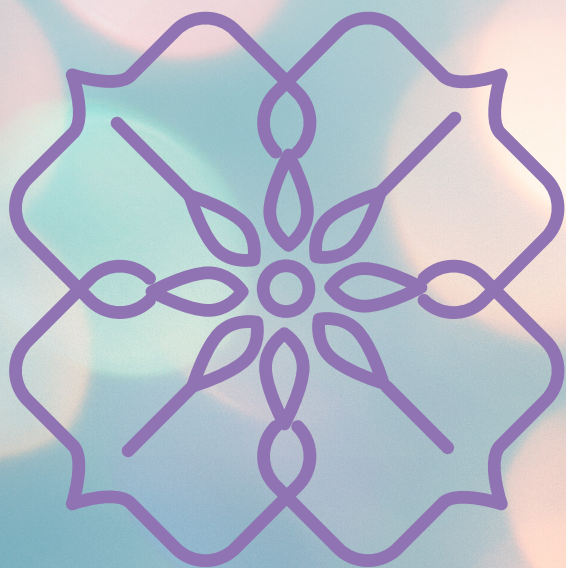


Ms. Julie C.'s Yoga Poses: Child's Pose



Benefits

- Deeply relaxing
- Increases flexibility of the hips
- Massages internal organs



Child's Pose

- Place your forehead on the floor.
- The hips rest on the heels.
- Arms can be down along your side or outstretched overhead along the floor.

Modifications

- Knees can be placed as wide as you need to feel comfortable.
- A pillow or two can be placed between the hips and heels.