Glimpse into Wellness Wednesday – week 46 – child pose

I have not been able to do as much yoga as I'd like for a while because I have been too fatigued and dizzy, but there is one move that is relaxing and beneficial that I can do when other moves are out of reach. It is the child pose, and it stretches the ankles, knees, thighs, hips and lower back, and relaxes the spine, neck and shoulders. It is calming, increases blood circulation to the head, and massages the internal organs.

Kneel on your hands and knees. Relax your toes and place your knees about hip width apart. Exhale and slowly sit on your heels. Fold your chest over your thighs. Lengthen the back of your neck and rest your forehead on the floor or a cushion. Place your arms on the ground by your thighs, palms facing up. Alternatively, leave your arms stretched in front of you on the ground. Take deep breaths into the belly and lower your back. Rest here. Inhale, stretch forward over the thighs and rise up as you press your tailbone down to your heels.
I find this is great to when you need a gentle stretch, to refocus and to relax. Give it a go this week, and see what you think. Let me know how you go!

Glimpsing Gembles Blog