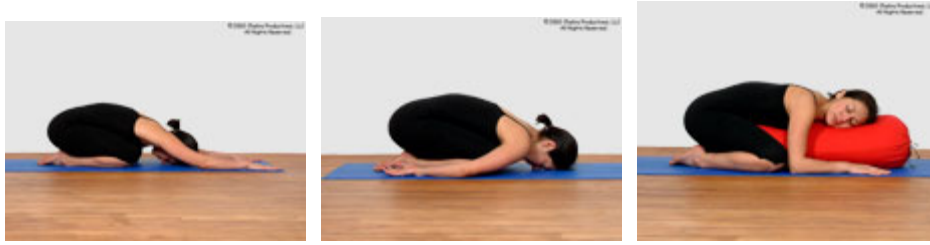


# Pose of the Week 7-19-08

## Child's Pose



**Balasana**  
(bah-LAHS-anna)  
bala = child

Child's pose is a forward bend used as a resting pose. When we enter child's pose we close our view of the outer world and come inside. Feel your breath in the back body. Allow your mind to quiet. Replenish, restore, relax.

- Stretches the back body, nice stretch for the low back
- Calms the mind

**Primary Muscles** – Spinal extensors, Hamstrings, all of back body stretched

**Variations** - This pose can be done with hands forward or back toward the feet. Also pictured is a restorative child's pose with a bolster. Legs can together or knees can open to create more space for your body and breath.

### Tips –

- Find the way this pose is most comfortable for you, so you can fully enjoy it
- Focus on your breath
- Relax and surrender
- Come to child's pose whenever you want to take a break

*There's no place like home.*



Kris Lowe  
[www.heartfilledyoga.com](http://www.heartfilledyoga.com)