

Balasana Child's Resting Pose – Adults

Balasana, also known as child's pose or resting pose, is a staple asana (posture) to enhance your yoga practice. Even inexperienced yogis can get a lot from this position as it helps to settle the body and mind, leading to a few minutes of quiet space at towards the end of the asana.



Balasana is a neutral body pose where the weight of the head and the body is taken by the floor. This allows relaxation to take place in all muscle groups. Begin by sitting on the floor, sitting back on your heels. This is your preparation for the posture, so ensure you are comfortable in this position before you move on.



You may find that this sitting position is too strong on your knees and ankles. Listen to your body and modify the posture as you need to. It may help to move your feet away from each other so that your bottom is on the floor, between your ankles.

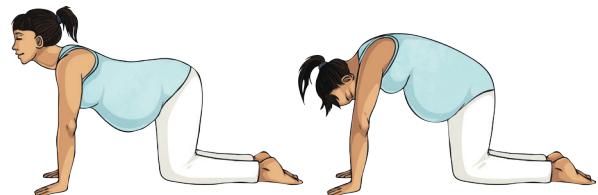


You may also like to place a blanket or cushion under your bottom to support yourself and raise up your pelvis. Do whatever suits you.

Now, gently roll your torso forward and bring your forehead to rest on the ground in front of you. There are many variations of child's pose and all of them are valuable resting postures so experiment and find the one that suits you. Extending your arms forward, lower your chest to your knees as close as you comfortably can. You may find that your shoulders are too tight to let you rest comfortably in this posture, so keeping your arms by your side may be more relaxing. You might also like to try using a blanket or cushion (or your hands) to support your head.



Pregnant women can elevate this posture to make it more comfortable for the growing baby. Hold the pose and breathe for three deep breaths into your torso. Stay here for a few minutes to give chance for your body to rest and rejuvenate.



Try and retain this sense of calmness in the rest of your day.

