

How to:



Balasana Child's Pose

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- On your hands and knees, push your hips to your heels and round over.
- Put your forehead on the floor and your hands beside your feet, palms up.
- Let your whole body relax.

MY EXTENDED SCRIPT (what I like to talk about in this pose)