

Wide Knees Child's Pose

This posture is very effective for releasing tightness in the lower back and inner groins.

Enter the posture by positioning the knees on the outer edges of your mat and resting the hips on your heels – if possible. Rest the forehead into the floor with the arms shoulder-width apart and broaden the palms. If you are unable to comfortably rest the forehead into the floor, place a folded blanket under the forehead for support.



Begin with the forearms resting into the floor. Breathe fully and evenly. Remain in this position for 10-20 breaths.



Without moving the knees, lift the forearms off the floor and lengthen the spine. Press the palms into the floor and spread the fingers so that the palms remain as broad as possible. Remain here for 10-20 breaths, or longer.

Transition to downward-facing dog by moving to a kneeling position so that your knees and feet are in line with the center of your hip joints. Inhale as you curl your toes under and then with an exhale, lift your hips and straighten your legs. Reach the heels toward the floor – the heels do not have to touch the floor.



Benefits of the posture:

- Relieves fatigue – especially after a long run.
- Relaxes the muscles of the lower back.
- Increases blood flow to the brain, thereby calming the mind and soothing the nervous system.
- Regulates blood pressure.
- Stretches and tones the spine, and relieves neck pain.