

Child's Pose – Balasana (Shashankasana, Yogasana)

Chakra: Anahata

Alignment:

- Sit in lotus (*yogasana*) or kneeling pose with knees together
- Lean forward, bringing forehead to floor. If possible, keep buttocks in touch with heels.
- Hands rest on the floor on either side of the head (*yogasana*)
- Alternately, bring the hands toward the feet with palms facing upwards (*balasana*) or outstretch the hands in front of the body, palms down (*shashankasana*)

Modifications and Adaptations (incl. Props):

- Place a folded blanket between thighs and calves if there is difficulty kneeling
- Support forehead with block or cushion if head doesn't reach ground
- Spread knees apart, pillow under the belly for support

Effects and Benefits:

- Recommended if you experience dizziness or fatigue, especially during the practice
- Relieves tension and pain in the chest, back and shoulders
- Reduces stress and anxiety bringing us back to the innocence and simplicity of early childhood

