

Child's Pose



Description: Yoga (flexibility). Use the Child's Pose to work on flexibility and to lower your heart rate at the end of a workout.

Instructions

1. From a kneeling position, sit back on your feet and spread your knees apart with your toes close together.
2. Lean forward with your hands on the ground and reach your arms forward as far as you can and rest your forehead on the floor.
3. You should feel the stretch across your back.
4. Hold the stretch for 30 seconds.

Tips & Modifications

- Rest your arms by your side
- Turn head to the side
- For more of a challenge, reach your arms above your head and actively stretch.



Click here or scan the QR Code to the right to watch video instructions!

