

POSE 8 Seated Asanas**Balasana**
Pose of the Child**The POSE**

Pose of the Child turns the focus inward, quiets the mind and restores spend energy. Aligns and strengthens the joints and muscles of the shoulders, arms, hands, and fingers.

It relieves from neck pain, elongates the spine, opens the sacroiliac joints, stretches the quadriceps, hamstrings, gastrocnemius, and strengthens the buttocks. Opens the hips, knees and ankles. Refines the tendons of the feet and toes.

Props

- Sticky mat, one yoga blanket. For alternative pose a bolster and two blocks.

Please refer to my website for information about all yoga props from Hugger Mugger™

joann.yoga/yoga/yoga-props/

Foundation

1. Seated on the top side of the feet, put knees together, and place sit-bones (ischia) on the heels.

Getting into the pose

2. Extend the arms from the shoulders, parallel above the head. Hinging from the hips place the torso on top of the thighs.
3. Plant the hands shoulder width apart, mid-fingers parallel to each other.
4. On an exhaling breathe extend the arms without moving the hands, elongate the spine, dropping the sit-bones (ischia) to the heels.
5. Each cycle of breath extends the arms further, releasing the neck from the shoulders and the head from the neck.
6. In the POSE ([main photo](#)), establish a smooth rhythm of breath, and hold for ten breath cycles.

Alternative Pose #1

- Place the head on a bolster, to help release the mid-thoracic, and keep your arms extended and active.

**Alternative Pose #2**

- Place hands on blocks to help extend your arms. Keep them arms active to help release the mid-thoracic.



Duration: Keep each the pose for **ten breath cycles**.

Extra focus:

- Drop the shoulders, and release the head from the neck.
- Release the sit-bones (ischia) to the heels.
- Stretch the fingertips and plant the hands into the floor.
- Keep eyes in a downward gaze.

Avoid:

- Moving hands, lifting the mid-thoracic or stiffening the chest.