

Exercise Spotlight

Child's Pose

Muscles Worked	- Erector Spinae, Transverse Abdominis
Benefits	<ul style="list-style-type: none">- Stretch and lengthen the spine- Open up the hips- Relieve stress and fatigue
Precautions	- Work within your flexibility limitations and keep the muscles along the spine strong and tight throughout, not allowing the lumbar spine to round at any point
Instructions	<ul style="list-style-type: none">- Begin on both hands and knees, with the hands placed under the shoulders and the knees under the hips- One hand at a time, walk your hands out in front of you, past your shoulders, and begin to sit your hips back- Sit your hips back as far as you comfortably can, making a concerted effort to keep your grip to the ground strong, vision and shoulders down, chest big, stomach drawn in, and spine remaining in a neutral alignment- Hold for desired length of time and repeat for desired number of sets, taking deep and relaxed inhale and exhale breaths as you hold- When comfortable, begin to widen the knees and feet, and progress to pushing the hips past the knees for a deeper hip stretch. Remember to remain mindful of your form and posture as you practice

Start and Finish

