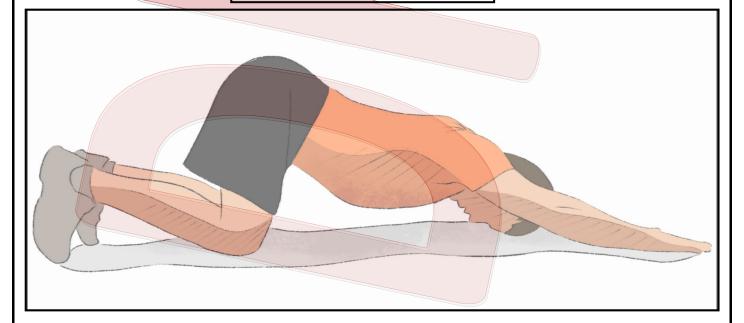
## Exercise Spotlight Child's Pose

Muscles Worked	- Erector Spinae, Transverse Abdominis
Benefits	- 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	- 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



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