



Pose 1/3: Legs Up the Wall

Getting into position: Try sitting with one side as close the wall as possible. As you lay down onto your side (away from the wall), swing your legs up into position as you also rotate onto your back. You may need to “skooch” your bottom closer once you’re laying down.

Your legs should be stacked on top of your hips, comfortably enough that you can stay in this position without too much effort. You can place a folded blanket under your hips to elevate them further if you choose. You may also choose to place a folded cloth over your eyes.

Let the arms come out to the sides, palms facing up.

To Release: Draw the feet along the wall and bring the knees to the chest. Roll over to your right hand side and stay for a few moments before getting up.

The longer you can maintain this pose, the more benefits you’ll receive. Aim for a minimum of 5 minutes.

**Please note this pose is not suitable for those with serious eye health conditions such as glaucoma and/or serious neck and back injuries.

Pose 2/3: Child’s Pose



Getting into Position: Start by sitting on your heels, then release down to the floor, draping your chest over your thighs and rest your forehead on the floor. Arms can be extended in front of you, or down along your sides.

Stay here for a minimum of 10 breaths, ideally 15-25

Modifications: If you don’t want too much pressure in your knees, roll up a towel in a long thin roll and place it in the knee crease to elevate the hips. If your head doesn’t reach the floor, you can stack your hands on top of each other underneath your forehead, or place a book there.

Breathe deeply into the chest and feel the back body expand and rise. Another variation is to separate the knees so the chest drapes into the space between the legs. Keep your toes together.

To Release: Press your hands into the earth and roll the spine up until you’re sitting on your heels again.



Pose 3/3: Happy Baby

Getting into Position: Lie on your back, knees bent and feet on the floor. Drawing your knees up to your chest open them out to the sides, aiming towards the armpits. Lift the soles of your feet towards the ceiling. Don't round the spine-keep it connected to the floor, straight and lengthened. Extend the tailbone back towards the floor.

You can take hold of the soles of the feet with your hands, or the backs of the thighs under the knee.

Resist the urge to pull down on the feet – instead just let the weight of gravity do the work in this hip and back opener.

Breathe into the hips, imagining that each inhale creates even a millimeter more space, and every exhale allows you to release into that space you've created. **Stay for a min of 5-10 breaths, ideally 15-25.**

To Release: Let go of the feet and draw the knees back into the chest. Bring the feet to the floor and then extend one leg at a time.

Also try some of these simple stretches...

