

THE YOGA POSERS

BALASANA

CHILD'S POSE TRAINS FORWARD FOLDING & SHOULDER FLEXION

<p>BASIC BIOMECHANICS</p>	<p>Plantarflexed ankles. Flexed knees. Hips internally rotated and flexed deeply. Spine is flexed (rounded). Shoulders may be flexed or extended.</p>
<p>BENEFITS</p>	<p>Restful and calming. Grounding and restorative. Directs attention inwards and limits the senses. Entering correctly helps students balance correct ratio of hip flexion to spinal rounding. Opportunity to teach shoulder flexion. Limits belly breathing and encourages low back and sacral area expansion.</p>
<p>COMMON COMPLAINTS</p>	<p>Foot cramping, bunion pressure, ankle or Achilles discomfort; knee and/or hip compression, pinching or discomfort. Low back or sacral area ache. Sensation at top of shoulders when arms are overhead. Difficulty kneeling deeply; unable to get hips to heels.</p>
<p>COMMON MISALIGNMENTS</p>	<p>Knees too wide with chest too close to the floor. Knees narrow with spine too rounded and chest far away from thighs. Pelvis lifted high over heels. Insufficient or excessive hip flexion. Too much or too little rounding in one or more parts of the spine. Toes tucked under. Chin lifted, neck too arched. Weight on head. Shoulders shrugged and internally rotated (elbows out). Front of ankle resting on floor or several inches off floor.</p>
<p>VARIATIONS</p>	<p>Arms alongside body, hands on soles of feet. Arms stretched out alongside ears. Broken Toe Pose. Virasana. Restorative with bolsters and props. Puppy Pose. Side Bending. Rotating in Thread the Needle (not recommended). Armpits and arms lifted on fingertips to practice shoulder flexion.</p>
<p>PROPS</p>	<p>Block under pelvis between ankles. Blocks under hands. Bolster under hands/arms/forehead (to reduce hyperkyphosis). Bolster under torso for restorative. Blanket behind knee to reduce compression. Small blanket roll under ankles to reduce hyperextension. Head may rest on blanket or block.</p>



<p>FAVORITE CUES</p>
<ul style="list-style-type: none"> • (From Table Pose:) Round back and press through your hands to shift back (for lumbar extension pattern) • (From Table Pose:) Lift chin and tailbone as you press back (for lumbar flexion pattern) • Press all 10 toenails into the floor to lift the ankle • Float your armpits/lift underside of arms