



9. Child Pose

How To Do

- Take transition from the previous Diamond Pose (Vajrasana). As of now i.e. in the diamond pose, you are sitting on your knees with your palms facing the floor on either side of the body.
- While inhaling raise your hands up, create some space between the legs and bring your whole body forward so that your forehead touches the floor and hands spread on the ground as shown in the image.
- Keep your spine straight and elongated.
- Stay in the position for a minimum of 30 seconds, while breathing normally. The longer you stay, the more relaxed you will feel. Keep your arms long and extended.
- Turn your head to one side or the other or place a towel under your head.



10. Cobra Pose

How To Do

- Take transition from the child pose.
- Inhale and push yourself forward to lie down flat on your stomach and exhale. While inhaling raise your face and then chest.
- To get into the perfect cobra pose, keep your lower body and pelvis on the ground.
- Keep both hands in supporting position for your shoulder, as shown in the picture.
- Activate your core and avoid pressure on your wrists. Stay there for a few breaths. Return back to initial position while exhaling.
- Take a few dynamic transitions from the child pose to cobra pose and vice-versa for a beautiful body structure.

11. Savasana

How To Do

- Savasana is practised by lying down flat on our back, pretending to be dead (Sav= Dead Body; Asana=Pose).
- Continue your normal and sustained breathing.
- Let your body feel the connection with the ground.
- Close your eyes. Place your legs comfortably apart and relaxed, toes fell sideward (tilted outward).
- Arms must be placed along your body, slightly apart. Make sure you are leaving your palms open and facing the sky.
- Continue...



Continue...

- Now, pay attention to every area of your body, starting from your toes. As you do this, breathe slowly, yet deeply, setting your body in a state of deep relaxation. Do not fall asleep in the process.
- Consciously imagine you sense submerging in the space leaving your body heavy.
- Stay in the pose for 5-10 minutes.
- When you feel relaxed and refreshed, roll to your right-hand side, keeping your eyes closed. Stay in the position for a minute, sit up, rub together both of your palms then place each to cover your eyes to relax more.
- Take a few deep breaths and gain awareness of your surroundings before you open your eyes again.
- Savasana helps you do away with fatigue and fills your mind with an amazingly intense calmness.



Thanks For Watching!

Team

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