

Happy Baby Pose



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Urdhva Mukha Upavista Konasana

30 seconds to 1 minute

Prop: Strap (optional)

Instructions:

Lie on your back and hold the outsides of your feet with your hands. As you release inside your hip sockets, feel your sacrum spread onto the ground. The principal movement should be your spine cascading onto the earth. The pull of your legs is secondary.

Keep your feet over your knees and let them be awake and alive. Keep your chest broad; your neck and throat relaxed. Stay for 30 seconds to 1 minute breathing evenly, even laughing.

Modification: If you cannot reach your feet without distorting your spine, use a strap across the bottoms of your feet. Doing so will allow you to pay more attention to the opening of your hip sockets and will facilitate moving your spine naturally and allowing you to breathe easily.