Gentle Yoga for Mobility and Relaxation

Lecture 3: Child's Pose and the Supported Seated Forward Lean

Child's Pose (Balasana) – Restorative Release



Supported Seated Forward Lean – Accessible Calm & Release



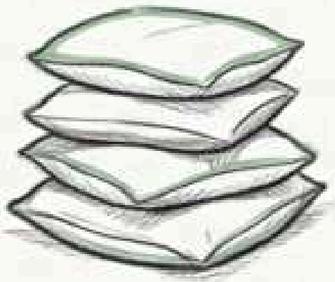
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The Three Questions

3.1



1. What is Child's Pose?



2. How to make it comfortable?



3. What is the alternative to kneeling?



Routine duration: 30–60 seconds.

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Balasana: The Resting Stretch

3.2



Bala = Child (Folded shape resembling a sleeping child)

Purpose: A deeply calming, resting stretch to follow Cat-Cow movements.

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Entering the Pose

3.3

1. Tabletop position.



Big toes touch, knees separate.

2. Breathe out: hips sit back toward heels.



3. Chest down, forehead on mat. Arms stretch forward or rest by sides (palms up).



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Stance Comparison: Wide vs. Narrow

3.4

Wide Knees



Belly and chest sink between thighs. More room to breathe. Often more comfortable.

Narrow Knees



Greater stretch along the back. Belly is more compressed.

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Props for Comfort

Props make the pose comfortable for almost everyone.



1: Folded blanket/cushion between hips and heels.



2: Cushion, block, or stacked fists under forehead.





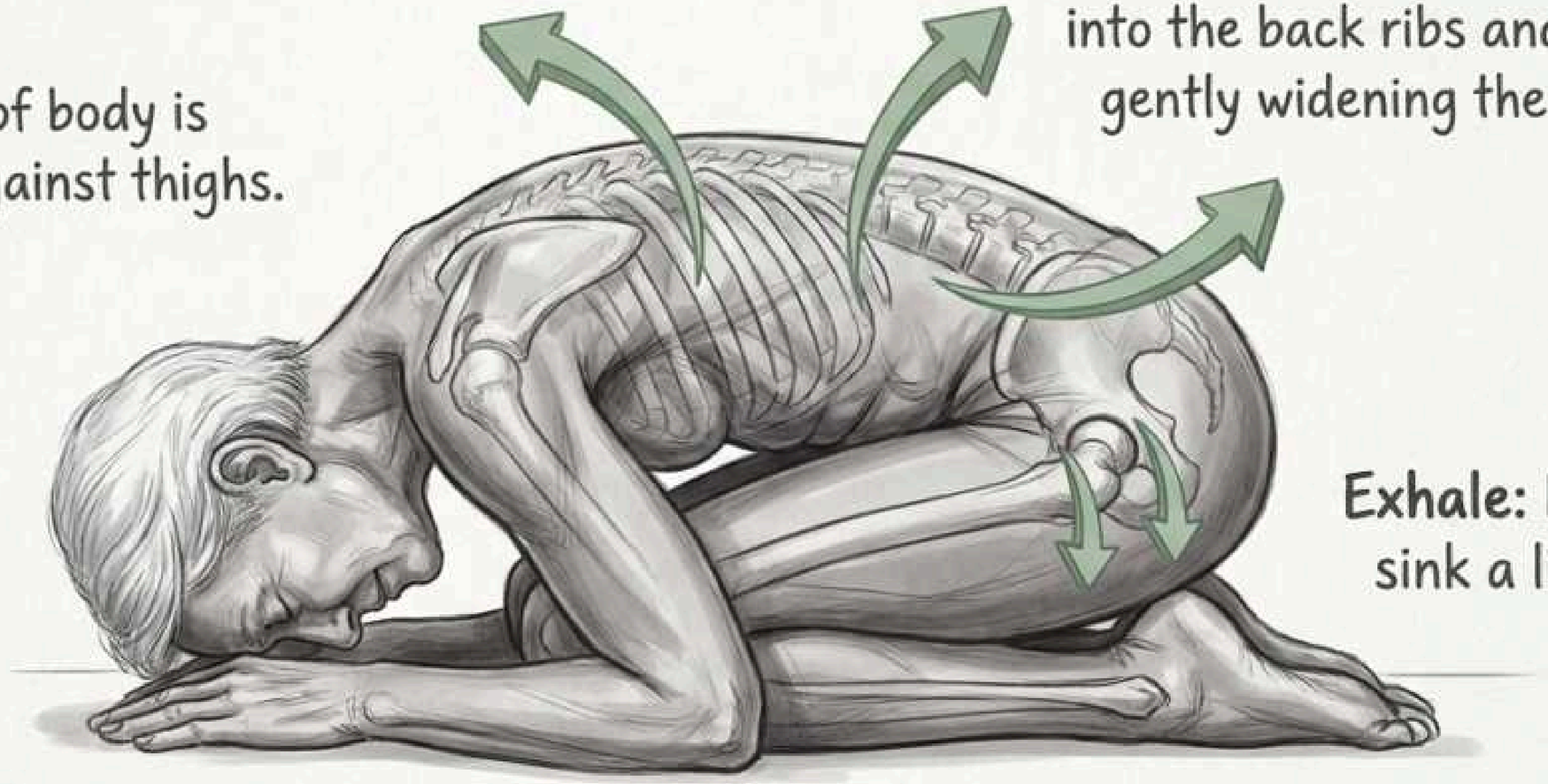
3: Lengthwise pillow under chest and belly for a supported rest.

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The Mechanics of Breath

Inhale: Feel the breath move into the back ribs and waist, gently widening the back.

Front of body is folded against thighs.



Exhale: Let the hips sink a little lower.

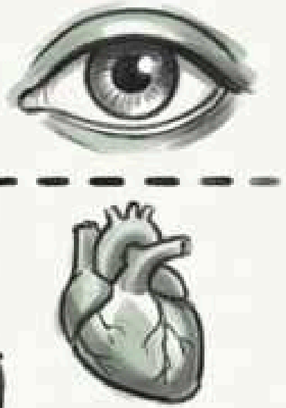
Breathe slowly.

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Who Should Take Care?



Knee problems / Replacements (deep bending may be unwise)



Glaucoma / Uncontrolled High Blood Pressure (avoid head below heart)

Use the Seated Alternative

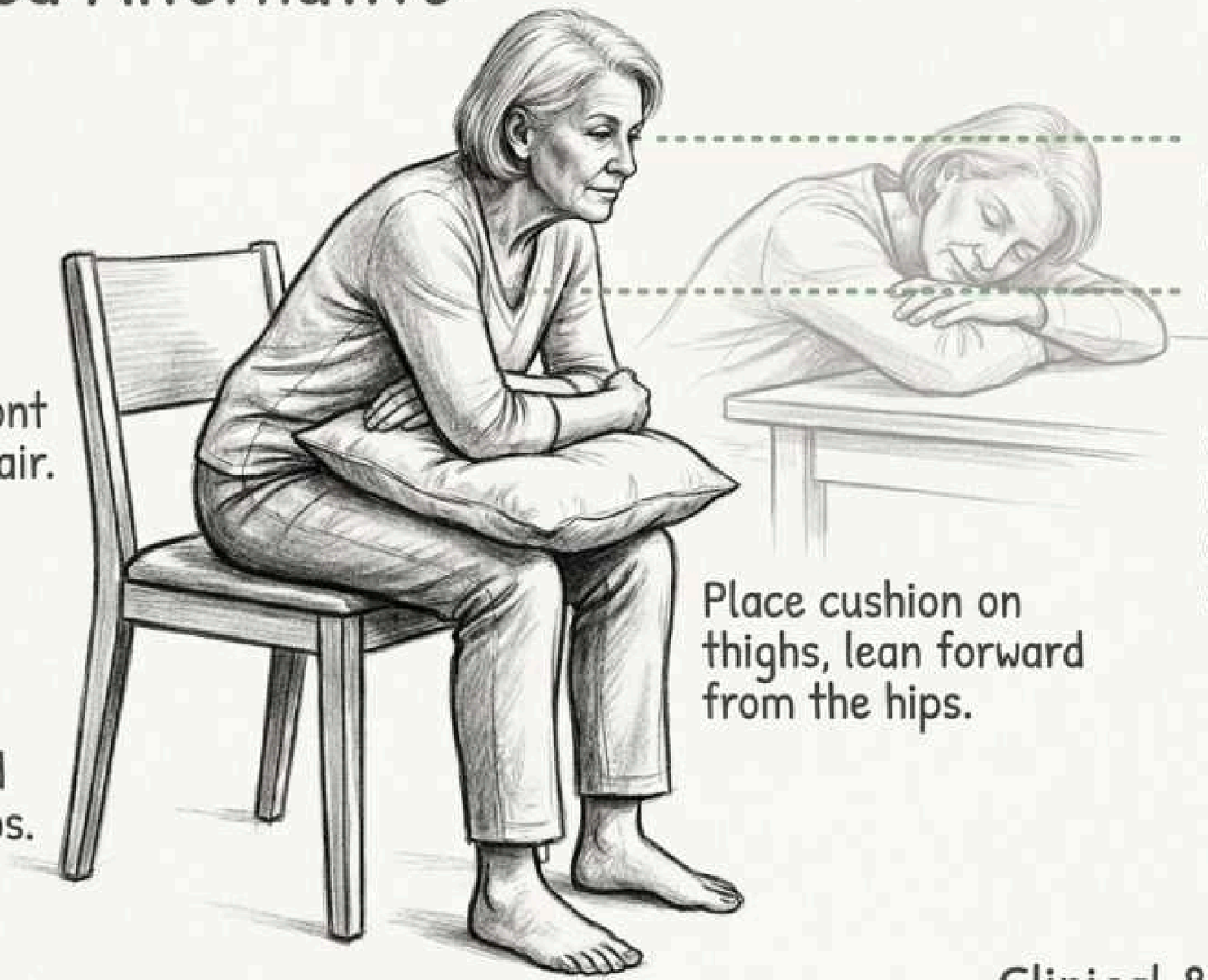


Osteoporosis (avoid strong rounding of the spine)

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The Seated Alternative

3.8



Sit on the front of a sturdy chair.

Feet flat and wider than hips.

Place cushion on thighs, lean forward from the hips.

Rest on cushion OR on a table in front of you.

Crucial:
Keep head at or above the level of the heart.

Clinical & Calming Whiteboard

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The Aim is Release

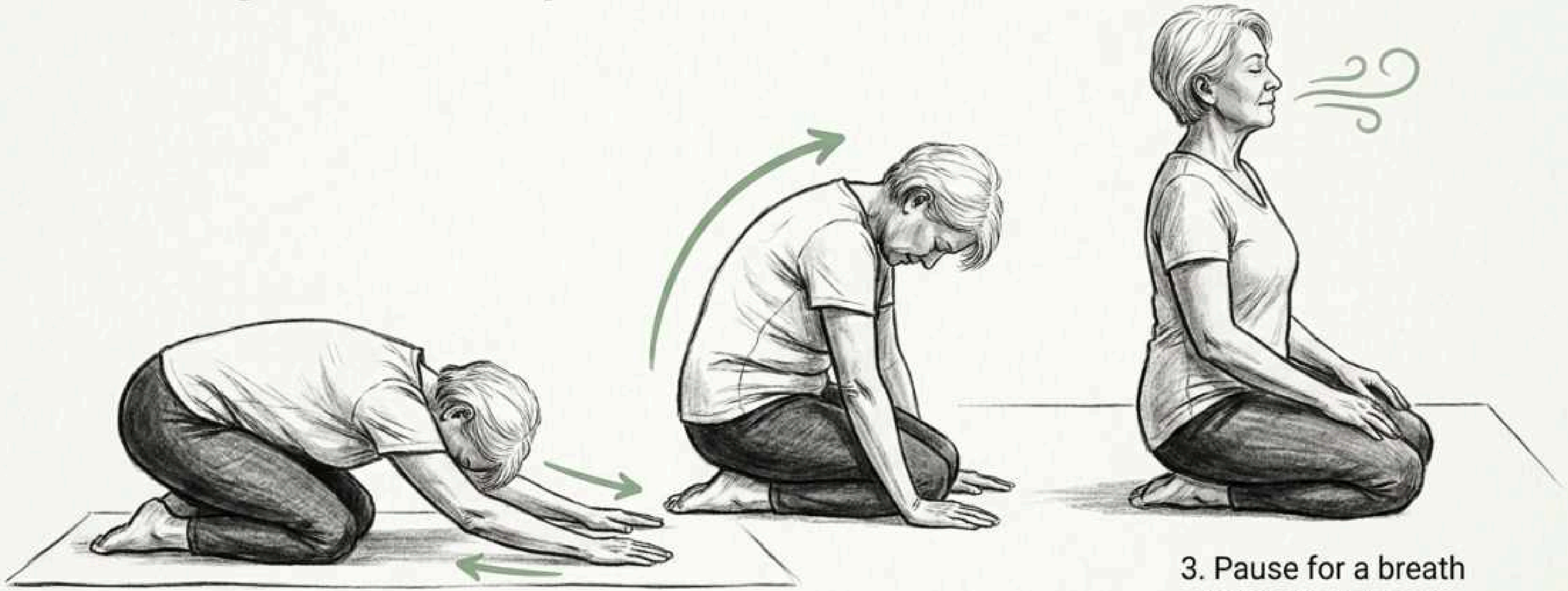
3.9



- The aim is release, not stretch. Let go of effort.
- Let the weight of your body be held by the floor, chair, or cushions.
- Note: If you feel strain in the knees, back, or neck—add more support or come out.

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Coming Out Safely



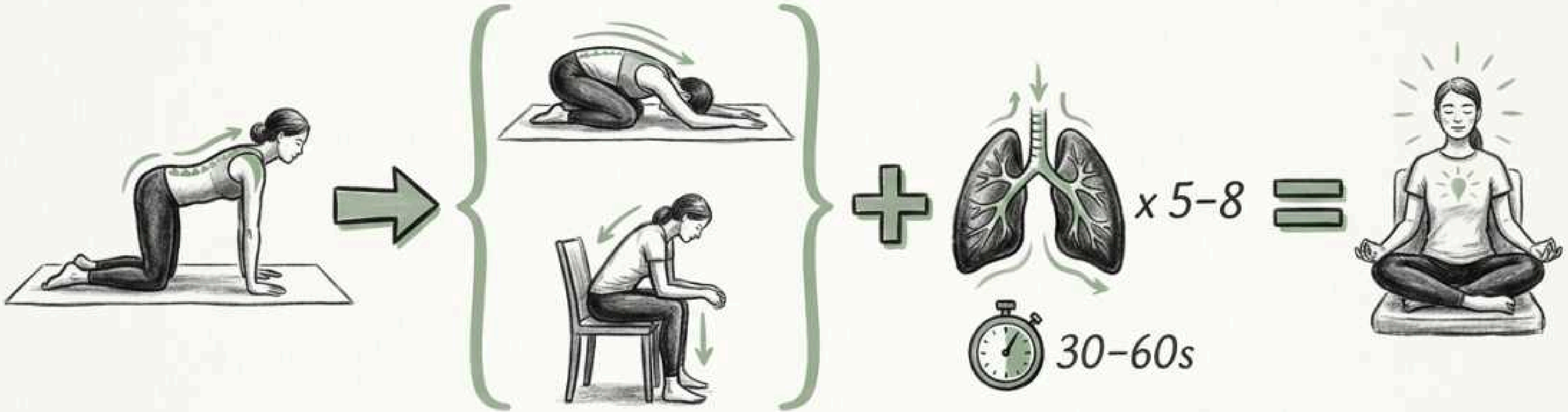
1. Walk hands back toward your knees.

2. Roll up slowly to sitting (let the head come up last)

3. Pause for a breath before moving on (especially if you feel dizzy)

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The Practice Formula



1. Sit back into Child's Pose OR lean forward in a chair.
2. Rest and breathe slowly into your back for 30–60 seconds (5–8 slow breaths).
3. Come up slowly.

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Closing Exercise: Find Your Rest

- ☐ Child's Pose (Wide Knees)
- ☐ Child's Pose (Knees Together)
- ☐ Supported Chair Version

Props needed: _____



Try all three variations and note which feels most restful.

Write down the props you needed.

The best version for you is the one you can truly relax in.

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