

Asana

Child's Pose

Bala Asana

Commonly known as Bala Asana or Child's Pose, this powerful position is also called Prana Maha Mudra, literally "Grand Gesture of Prana". As a result of the breath, we become completely and unconsciously relaxed in this position. The energy of Prana penetrates the body deeply and comes to rest in the Manipura Chakra, at the height of the navel.

Starting Position: from the Prone Position or from Thunderbolt Pose.

Keep your stomach against your thighs, glutei on your heels. Your forehead can be on the ground or on a cushion, or with your face turned sideways and resting on either cheek. Have your arms alongside your legs, or together on your sacrum or near your face (a choice determined by comfort).



Abdominal breathing that becomes gradually more subtle as time passes.



As demonstrated in the video, this pose can be complemented and completed by executing Sphinx Pose.

Contraindications: nothing specific.

Benefits: improves and refines awareness of abdominal breathing; deeply relaxes the lumbosacral region and the organs of the abdominal region and pelvis; favours psychophysical relaxation and peace of the mind.