

Asana

Happy Baby Pose

Ananda Bala Asana

Starting Position: Supine. During the entire duration of the exercise, ensure that your lumbar/sacral region is in contact with the floor.

Bring your thighs towards the abdomen and hold the pose for 3 breaths.



Stretch your left leg towards the ground and keep holding the other leg with increased traction. Hold the pose for 3 breaths.

Take hold of your right big toe and straighten your leg; hold for 3 breaths.



Bend your right leg and move your knee close to the ground to the side of the torso; hold for 3 breaths.

Lift up your right leg, your head and part of your torso; hold for 3 breaths.



Move back to the ground and hold your knees close to the abdomen for 3 breaths.

Switch legs and repeat.



Hold your big toes and allow gravity to move your knees towards the ground out to the sides of the torso.

Hold for 1–5 minutes.

Again, bring your thighs towards the abdomen and hold the pose for 3 breaths. At the end, relax in the supine position.



Contraindications: none.

Benefits: beneficial effect on the spine; develops awareness of the perineal region; teaches voluntary relaxing and contracting; increases elasticity of the pelvis and lower limbs; favors psychosomatic relaxation.