



CHILD'S POSE

This classic yoga pose relieves tension in the SI joint by opening up the glutes, hips, and lower back.

1. Start on your hands and knees in a tabletop position. Bring your big toes together and take your knees out wide (comfortably – you'll eventually start to get more and more range each time you do this).
2. Slowly sit your hips back on your heels. Then, walk your hands forward until you can lower your forehead to the ground (or you can set a block down for your head, don't force it down to the floor).
3. Continue walking your hands out in front of you until your arms are straight but your shoulders are relaxed away from your ears. Hold for 30-60 seconds.

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