

# Child Pose

**Form):** Also known as the (Balansana). [See Form Here](#). KEYS: Inhale as you lengthen the spine, extending through the upper body, and exhale as you fold deeper into the pose, widening the knees as needed. Hold this position for 5-10 slow, deep breaths (approximately 30 seconds to a minute). If you have knee discomfort try pushing toes into ground as if you are trying to bring toes towards shin. This causes a slight mobilization of the knee, which should feel more comfortable. You can also do this as a movement by not holding and going back and forth out of start and end positions. Always go to your first resistance barrier and stop if you have pain. Another great alternative is to root hands in ground and lean back. This gives an exceptional stretch to the midback. .

Child's Pose is yoga's most important resting posture according to many authorities. According to [VeryWellFit](#) the Child's Pose is a gentle stretch for the back, hips, thighs, and ankles. It can help relieve back pain some suggest. Pain while doing this could be a sign of an underlying back issue. This is why it is also used as a Clearing Test (used to rule out disease or disorder). This exercise is not for everyone. It is not as problematic as the Cobra Movement. I consider it a foundation exercise for many. You can add a degree of traction to this stretch by pressing hands into ground. . **This pose is not recommended for people with severe knee injuries or if you are in your third trimester of pregnancy.**

**Do it Right!**  
**Exercises you Should Do**

Difference between doing a movement and stretch: In a stretch the end position is held for 15+ seconds, while a movement is a slow back and forth motion with no end hold position.

