

# The Preliminaries



## Happy Baby Pose

Urdhva Mukha Upavista Konasana

**30 seconds to 1 minute**

**Props:** Strap (optional)

**Instructions:**

Lie on your back and hold the outsides of your feet with your hands. Focus on your spine sinking into the ground as you gently pull your feet, knees, and thighs toward the floor. Keep your feet directly over knees. Hold for 30 seconds to 1 minute breathing evenly.

**Modification:** If you cannot reach your feet easily, place a strap around the bottoms of your feet.