

Back Pain

Relaxation Pose

Savasana

2 to 10 minutes

Props

✓ Blanket

Instructions:

1. Lie on your back with knees bent. Straighten your legs about one foot apart and allow them to drop gently out to the sides. (If lying flat is uncomfortable, keep the knees bent at a right angle and/or place a rolled blanket behind your knees.) Place your hands about eight inches away from your sides, palms facing upward.

2. Observe how your body is making contact with the floor. Is the weight distributed evenly between the right heel and the left? The right and left buttock? The right shoulder and the left shoulder? Is the weight centered evenly on the back of your head? If not, make any adjustments necessary. Draw your shoulders down and away from your ears.

3. Close your eyes. Keep your breathing smooth and free of tension. Let your eyeballs relax into their sockets and allow everything around you to recede. Relax your jaw, the corners of your mouth, your throat. Let go completely. Stay in the posture for 2 to 10 minutes.

4. When you feel ready, slowly open your eyes. Move out of Relaxation Pose slowly. Take a few deep breaths. To come up, roll onto your right side and stay for a moment. Then slowly move to a sitting position before standing up.

