

CHILDS POSE STRETCH



Starting Position

- Kneel on your hands and knees, with your knees slightly wider than shoulder width apart



Movement

- Slowly sit back on your heels and lower your head between your arms
- Try and keep your elbows straight and your hands flat on the floor
- Hold this position as you breath slowly in and out for 3 breaths
- Rest by returning to the starting position
- Repeat 3 – 5 times
- Move your hands forward 2 – 3 inches each time you repeat the stretch to increase the challenge

Notes:

- You should not sit back on your heels if you feel any pain in your knees, ask your Pink Pilates Physiotherapist to find a more suitable exercise for you