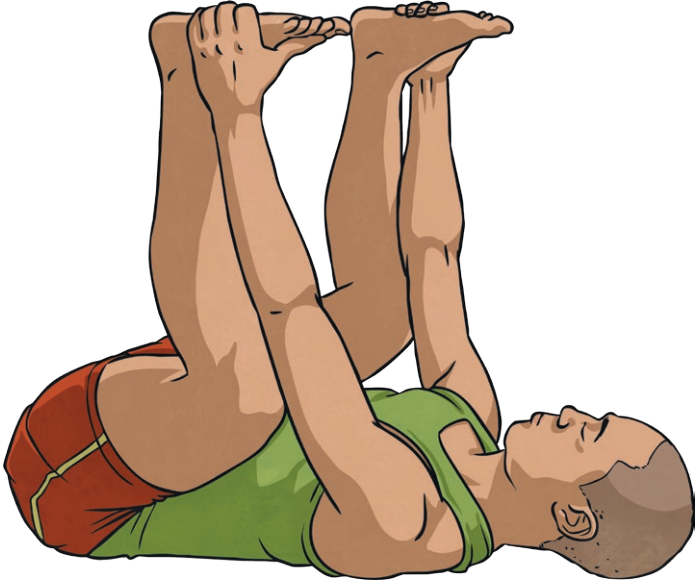


Happy Baby Pose

Ananda Balasana



Benefits

Gently stretches inner groin and spine, calms the mind and helps relieve stress and fatigue.

1

Lie down on your back.

2

Exhale, bend your knees into your belly and hold onto your feet.

3

Allow your body to gently rock side to side.