

Savasana Relaxation Pose – Adults

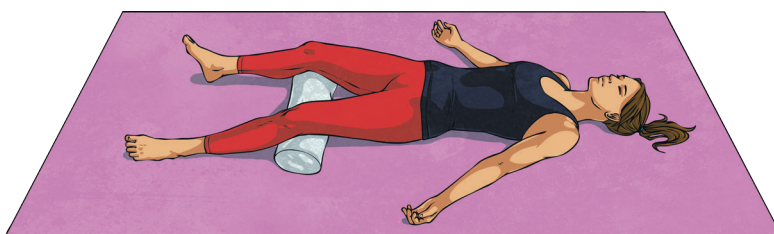
Savasana, also known as the corpse pose or relaxation pose, is a staple asana (posture) to enhance your yoga practice. Even inexperienced yogis can get a lot from this position as it helps to calm the body and mind through a series of conscious muscle relaxations, leading to a few minutes of quiet space at towards the end of the asana.

Savasana is a neutral body pose, where the weight of the body itself is taken by the floor. This allows relaxation to take place in all muscle groups. Begin by sitting on the floor with your knees bent, feet flat on the floor, and lean back onto your forearms. This is your preparation for the posture, so ensure you are comfortable in this position before you move on.



In your preparation position, slowly lift your pelvis slightly off the floor and, with your hands, push the back of the pelvis toward the tailbone, then return the pelvis to the floor, lengthening your spine. Inhale and slowly extend the right leg, then the left, pushing through the heels. Slowly release your arms down and uncurl your spine down to the floor.

Open your throat by releasing the back of the neck down toward the tailbone. If you have any difficulty doing this, support the back of the head and neck on a folded blanket. Make sure your ears are equidistant from your shoulders. You should now be lying down in a comfortable position for you. If you feel any pulling on your lower back, release your knees by bending them slightly, and place a rolled-up blanket or cushion under the backs of your knees. This should release your lower back and allow you to get into the posture safely.



Always listen to what your body is saying – there should be no tension in this posture.

Reach your arms towards the ceiling, perpendicular to the floor. Rock slightly from side to side and broaden the back ribs and the shoulder blades away from the spine. Then release the arms to the floor, slightly away from the body. Rest the backs of the hands on the floor, palms facing upwards. Make sure the shoulder blades are resting evenly on the floor. From here, spread the collarbones. This opening of the front of the body will provide space in the lungs to breathe deeply.



If you are pregnant, or have back issues, you may find it more comfortable to lay on your side with a cushion under your head and between your knees as shown here.



Now you are in your posture, move through all of the muscle groups starting at the feet. Create tension by gripping the muscles, then releasing completely. This conscious relaxation of the body will support the relaxation of the mind, often the most difficult part of this posture. Move up through the body: legs, pelvis, hands, arms, shoulders and facial muscles. You are now ready for your final relaxation.

Stay in this pose for five minutes for every 30 minutes of practice. To exit, first roll gently onto one side, preferably the right. Take two or three breaths. With another exhalation, press your hands against the floor and lift your torso, with your head slowly after. The head should always come up last. Bring yourself to a comfortable sitting posture.

Try and retain this sense of calmness in the rest of your day

