

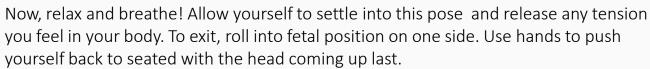
Savasana (Corpse Pose)

Purpose: Surrender to stillness and calmness. Let go of tension in the body.

Equipment Needed: Mat, pillow or blanket optional

Start/Movement:

- Lay down on your mat
- Tuck the hips under to avoid excessive back arch
- Allow feet to fall naturally to the sides
- Using hands, lift the base of the skull away from the back of the neck to create a neutral spine
- Let arms fall naturally to the sides, palms up



If you experience any low back pain, try this modification!

- Take feet as wide as the mat and let knees come in until they touch
- Relax and rest!



