

# Exercise of the Month



## 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



Now, relax and breathe! Allow yourself to settle into this pose and release any tension you feel in your body. To exit, roll into fetal position on one side. Use hands to push yourself back to seated with the head coming up last.

**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!

