

# Child's pose



## Yoga Mudra

3.



Sit on your bended knees. Straighten your back, neck and head.

You can sit on your heels or foot soles keeping them under yourself. If it is difficult, place your knees wider, so that your forehead can touch the floor effortlessly. You may put a folded blanket under your head.

Your head should not hang, relax your neck and head.

Take the wrist of one hand by the opposite hand behind your back. Exhale and bend forward, touching the ground in front of you with your head. This pose is a symbol of yogi giving up illusion. As for the air exhaled in the process of bending forward, yogi is exhaling all internal worries and mind affections to illusionary items. The strongest strings of Maya will be broken by this exercise. Yogi stops being a dummy in the hands of illusion. And if the strength of Maya is overcome, what other kind of Maya net you must overcome?! The whole set of associations, holding yogi enchained by ignorance, is being broken and the yogi becomes free. You can practice this pose sitting in the lotus pose. If you are worried by strange void desires, practice this pose diligently.