

Malasana – Garland Pose

A lovely pose to help open your hips, aid digestion, and stretch your lower back, ankles, groins, and hamstrings.

Stand with feet about a mat's width apart. Bend the knees and lower your bottom towards the floor to come into a squat. It's natural for your toes to want to turn out which is fine, but don't overdo it.

Take your upper arms inside your knees and bend the elbows to bring the palms together into Anjali Mudra (prayer position). With hands to your heart centre, see if you can allow your thumbs to touch your sternum as if to help keep the chest lifted.

Continue pressing upper arms into thighs and thighs into upper arms to stay engaged.

If this is too difficult place a book or block under your heels to make the stretch less intense.

Maintain the pose for as long as is comfortable, breathing steadily.

Enjoy!

