



## Kindness: Child's Pose

Lower to the floor or mat for child's pose. Kneeling on the floor, bring your big toes together and sit on your heels (your hips may only fall toward your heels but not reach). Separate your knees about hip distance (or wherever is most comfortable to your body) and lower to the ground. Extend your arms while lengthening from the crown of your head to the base of your spine. Relax your shoulders down your back and breathe in the kindness that God offers you with each new breath.