



Self-Control: Relaxation

Finding a comfortable neutral position on your mat, extend your legs and arms with your palms open and facing the sky. Relax your legs, allowing your feet/toes to roll out toward the side of the mat (you may wish to place a blanket or bolster under your knees if lying flat compromises your lower back). Soften your body completely from your toes to the crown of your head, letting go of each muscle group and each thought that enters your mind. Simply relax. Remain in this posture for 10 - 15 minutes.