


### Movement and Relaxation Yoga Skill Assessment

<b>Name:</b>	<b>skill: Child's pose</b>
<b>Critical Instances</b>	<b>Personal Execution</b>
 <p>Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips. Exhale and lay your torso down between your thighs. Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck. Lay your hands on the floor alongside your torso, palms up, and release the fronts of your shoulders toward the floor. Feel how the weight of the front shoulders pulls the shoulder blades wide across your back.</p>	