

***Why is Savasana so good for you?***

Savasana or corpse pose is usually done at the end of practice to prepare the body for final relaxation. You lie still on your mat with whatever support, cushion or blanket you need to release tension in any area of the body. It's your opportunity to absorb all the benefits of your practice and then unwind, release, and let go. It can be the best part of the practice if you can manage to check out and shed, even if only for a few minutes all the tasks still left to do in your day.

The experience can be quite beautiful and you may even leave with:

- Stillness of mind
- Release of tension in the body
- A sense of having down-regulated your nervous system
- Being able to just let go and breathe
- Finding balance – a way to counter the “busy-ness” in life
- Knowing it is just fine to simply “be” for a moment in time
- An opportunity to press the reset button and find clarity in this moment of calm

So...at the end of your next practice when you come to relaxation and your mind begins to wander, remember the beauty of Savasana and then let go and take it all in. See what you leave with...