
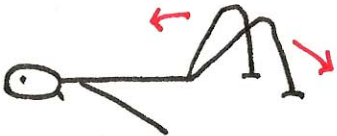
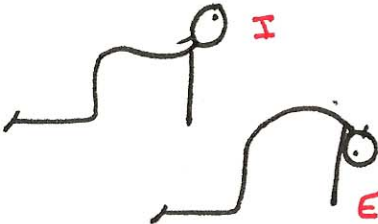

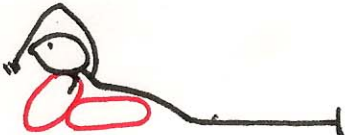
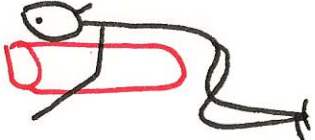
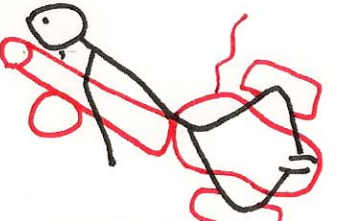





Restoratives

Restful poses that open the heart and soothe the emotions.

 <p>Ardha Apanasana</p>	 <p>Windshield Wipers</p>	 <p>Cat/Cow</p>	 <p>Extended Balasana (side to side)</p>
 <p>Upper Back Backbend</p>	<ul style="list-style-type: none"> • Props: 2 bolsters • Set-up: Lay two bolsters across mat with one low and the other high and angled toward the first • Lay over bolsters with shoulders on low bolster, neck on high bolster • Reach arms in front of chest then over the head and let elbows bend (can also rest hands on belly) • Optional: Either straighten the legs or keep them bent • 3 minutes 	 <p>Supta Bharadvajasana</p>	<ul style="list-style-type: none"> • Props: 1 bolster • Set-up: Sit with feet to left of hips and end of bolster against right hip • Twist torso to the right, place hands on either side of bolster • Lengthen belly as you lie over bolster • Optional: Turn head away from legs, to center or toward legs • 2 minutes each side
 <p>Supta Baddha Konasana</p>	<ul style="list-style-type: none"> • Props: bolster, blocks, • Set-up: Make a cross with two bolsters to create an incline. • Sit with sacrum at end of bolster • Sit the soles of your feet together • Optional: With a looped strap, go around your sacrum, inside the knees, and under the feet • Lie back and use blocks to support the knee, support elbows if they do not touch the floor • 5 minutes 	 <p>Salamba Balasana (3 minutes)</p>	<ul style="list-style-type: none"> • Props: 1 bolster, 2 blankets, 1 block • Set-up: Sit on feet with bolster between thighs • Chest should be on bolster with head off the end • Optional: Use a block to support the head if needed • 3 minutes
 <p>Instant Maui (5 minutes)</p>	<ul style="list-style-type: none"> • Props: Chair, 1 blanket, 1 block • Set-up: Lie on the back with the calves in the seat of a chair that has been covered by a blanket • Optional: Support the sacrum with a block to be more inverted • Rest arms away from sides • 7 minutes 	 <p>Savasana</p>	<ul style="list-style-type: none"> • Props: 1-2 bolsters, 1-2 blanket • Set-up: Lay on the back with bolster under knees and either a bolster or rolled blanket under ankles so that heels do not touch floor • Arms rest away from body, palms up • Optional: Use folded blanket under head • 15 minutes