

Restorative Yoga

Benefits of Restorative Poses:

- bring the body into balance
- relax muscles
- renew energy
- build immunity
- calm the nervous system
- aid circulation and respiration
- restore over-all health

When practicing Restorative Yoga, follow these guidelines:

You do not need to do all of the poses listed. Any of these is beneficial even on its own.

Be sure you feel supported and relaxed in each position. These poses open and release the body rather than actively stretching it. Be mindful not to strain. If you feel tension in your neck or back, increase your support props, ease off the pose, or come out completely. The same is true if breathing is difficult or if you get dizzy.

Dress warmly. A folded blanket on the legs or belly is comforting. Find a quiet warm place where you won't be disturbed. Relax your hips and legs, your back, your shoulders, arms and neck. Then relax your face, jaw, eyes, brow and throat. Stay in the pose for 3-15 minutes.

Let your breath take care of itself—it will gradually slow down and become deeper and more even. Allow your chest, ribs, and belly to move easily with the breath. Do not try to control the breath, but rather ride the rhythmic wave of your natural breathing.

Improving health and well-being through thoughtful movement.

Restorative Yoga Poses

1. Simple Supported Backbend

w. Bound Angle Legs (support legs)



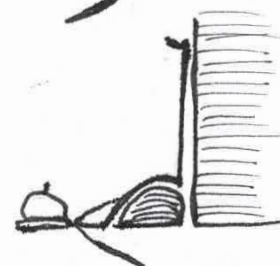
2. Mountain Brook Pose



3. Supported Bridge Pose



4. Legs up the Wall (Viparita Karani)



5. Supported Open Angle Sit

w. Crossed Legs



6. Downfacing Side Twist



7. Relaxation: Savasana

w. Legs on a Chair

