

## Restorative





Image	Pose	Description	Modifications
	Forward Bend	Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from waste. Hold onto back of legs. Back of neck soft. <b>Sanskrit:</b> Uttanasana <b>Benefits:</b> Stretch back, hams. Improves posture.	Bent knees. Loop fingers around big toes.
	Down Dog	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw. <b>Sanskrit:</b> Adho Mukha Svanasana <b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.	Use wall. Head on block. Leg up. Arm up. Wide stance.
	Child	Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. <b>Sanskrit:</b> Balasana <b>Benefits:</b> Stretches hips, thighs, ankles. Relieves back pain.	Interlock fingers behind back.
	Wide Angle Seated Forward Bend	Sit with legs extended. Spread legs wide. Back straight. Knees and toes point up. Press legs and sitting bones down to raise spine. Place hands between legs. Walk hands forward. Fold down from hips. Hold. <b>Sanskrit:</b> Upavishta Konasana <b>Benefits:</b> Stretches legs. Strengthens spine.	Sit on folded blanket.



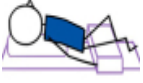

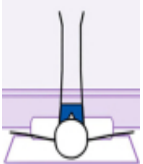

Image	Pose	Description	Modifications
	Seated Wind Relieving	Sit in Staff (legs extended out in front of you). Bend knees. Bring feet close to buttocks. Bring knees to chest. Straighten back. Press thighs towards chest. Hold. <b>Sanskrit:</b> Upavistha Pavanamuktasana <b>Benefits:</b> Relieves wind.	
	Seated Forward Bend	Sit with legs extended. Flex feet. Reach arms up. Bend forward from hips. Keep back flat. Hold onto feet. Use leverage to gently pull yourself forward. Let head hang. <b>Sanskrit:</b> Paschimottasana <b>Benefits:</b> Stretches spine, shoulders, hams, groins.	Use a strap. Bend knees.
	Bound Angle	Get 2 blocks. Sit cross legged in front of bolster. Place block under right and left legs. Lean back onto bolster. Knees on blocks. Arms rest to sides. <b>Sanskrit:</b> Supta Baddha Konasana <b>Benefits:</b> Renews body.	Use strap.
	Knee To Chest	Put bolster to side. Lie on back. Bring feet close to buttocks. Lift hips. Slide bolster under hips. Straighten one leg at a time. Bring knees to chest. Interlock fingers. <b>Sanskrit:</b> Apanasana <b>Benefits:</b> Squeeze abs. Releases tension in hips.	Bolster under back.
	Legs Up Wall	Bring hips sideways up against a wall. Lie down. Swing legs overhead. Press feet into wall. Lift hips. Slide bolster under. When coming out of pose make sure knees are bent and roll to side. <b>Benefits:</b> Stretches back of legs & front torso.	

Image	Pose	Description	Modifications
	Breathe In Positive	Sit with legs crossed. Focus on breath. On inhale imagine a positive emotion (e.g. light, love, joy, wonder, inner calm) being taken to lungs and from there throughout bloodstream where it's carried to every part of your body. <b>Benefits:</b> Calming.	Knees up. Blanket under knees, head.