

RESTORATIVE POSES

Legs up the Wall



1. Place a firm pillow or layered blankets near the wall. Lie with the pillow/blankets under your tailbone and lower back. Position back of legs and buttocks against the wall. Secure legs with strap just above the knees. Place a sandbag on your feet or front of your pelvis. Lie with arms outstretched. Relax and hold 15 minutes.

2. Variation: Lie as in #1 except allow legs to fall apart into a “V” against the wall. Relax and hold 15 minutes.



Blind Frog

3. Wrap strap around your tailbone, over the folds of your hips and the top of your ankles. Connect strap under your feet. Lie with head and back supported on a firm pillow arranged longitudinally. Drop hips open and outstretch arms as comfortable. Add sandbags and pillows as needed. Relax and hold 15 mins.

Christina’s World

4. Sit on the floor with a rectangular pillow on your right side. Cross right foot behind left ankle. Place hands on either side of pillow. Slowly lift chest and rotate spine to lower chest onto the pillow. Relax head onto pillow facing away from feet. Hold 7 minutes on each side.

