

Useful props: Large bolster or rolled up blankets. Yoga blocks or large books, pillows, cushions

BREATH IN AND OUT THROUGH THE NOSE, LONG & FINE, LISTEN TO YOUR BREATH.

YOU CAN DO THIS PRACTISE IN YOUR BED IF YOU LIKE 😊

Cat/Cow

Use fists or forearms if wrists ache.

MOVE BACK & FORTH THROUGH EXTENSION & FLEXION 5 TIMES



(EXHALE)



(INHALE)

Supine Twists in CRP:

constructive rest position

Gentle spinal twist, opens tight chest & shoulders, gently massages glutes, outer hip and low back.

ROLLING SLOWLY SIDE TO SIDE x 5 rounds



Apanasana sequence: wind relieving (!) and releases tension in hips/hamstrings.

REMAIN IN EACH STAGE FOR 5 BREATHS. REPEAT BOTH LEGS.



Supta Baddha Konasana: reclined butterfly, passive stretch of hip flexors. Opens front body gently. Cactus arms to encourage opening of chest and shoulders. You can use a rolled up blanket or bolster for variation 2 (bottom on floor) **STAY 10 BREATHS**



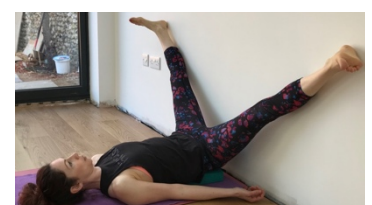
Supported bridge: takes pressure out of pelvic floor, may stimulate digestive system, gentle spinal extension.

REMAIN FOR 10 BREATHS



Viparita Karani: supported inversion, encourages venous return and lymphatic drainage.

REMAIN IN EACH FOR 10 BREATHS (Optional flat block or book under sacrum)



Supported Savasana: supported resting pose, make sure hips are on ground. Feels lovely!

REMAIN FOR UPTO 10 MINUTES – SET A TIMER OR LISTEN TO ONE OF OUR MEDITATIONS/MUSIC MEDITATIONS



(Bolster or rolled up blanket along length of spine, head end propped up with blocks/books/cushion)