



Restorative Yoga Practice

Theme: Essential Restoration (Aroma Yoga)

Peak Asana:

Props: Blankets, pillows and two blocks and essential oils

*Each asana can be held 3-5 minutes depending on the length of your class. Ideally hold the peak poses the longest.

*Leave lots of space for silence and self exploration

*This practice utilizes aromatherapy to detoxify the kidney and liver meridians. You will need the following oils: basil, grapefruit, rosemary, myrrh, zendocrine (doTERRA blend), and frankincense

*If you are giving this class in person, you will go around and give the oils to each student as you go. If the class is virtual, show them how to apply the oils themselves using their own oils/oils you may have provided them as part of the class.

Sequence:

Before starting class - Diffuse a blend of 2-3 drops of basil and grapefruit or spray your practice space/room with a spray bottle

(Optional: Add 2 drops of grapefruit oil in water using paper cups and pass to students to drink if in person or prompt them to do this at home if virtual)

Begin in **Sukhasana** with Ujjayi Breath using rosemary oil. Inhale from hands and apply to chest

Bound Angle Pose with myrrh essential oil. Inhale from hands and apply to the liver before folding forward and resting on a bolster or pillow in Bound Angle.

Windshield wiper the legs

Pigeon Pose (right and left)

Child's Pose with zendocrine blend. Place 1 drop on the arch of each foot

Sleeping Sphinx Pose

Reclined Spinal Twist

Savasana with frankincense oil. Apply to third eye, brow swipe and back of neck