

Restorative Yoga Practice

Theme: Restorative: Summer Restore

Props: two bolsters or firm pillows, two blocks and two blankets

Sequence:

Savasana with Ujjayi breath and Visualization - focus on extending the length of the exhale. Can use ratio of 4:6 (inhale 4: exhale 6)

- By extending the exhalation, it triggers the body and mind to release and relax on a deeper level
- The exhale is how you let go of stress and tension in the body and mind
- Prompt them to extend their exhale throughout the practice to deepen their experience and let go even more
- **Visualize** laying in the cool grass on a warm sunny day. Feel the texture of the grass on your skin, notice the sounds and sensations around you. Watch the clouds in the blue sky overhead. See them come and go in all different shapes, variations and textures. Notice that just like your thoughts, the clouds flow in and out of your awareness. Allow yourself to detach from your thoughts and just witness them along with the movement of the clouds.

Viparita Karani (Legs Up the Wall)

Salamba Balasana (Supported Child's Pose)

- Focus on letting go and melting into the props
- Imagine the muscles of the back are like an ice cream sundae melting on a hot summer day towards the earth

Salamba Upavistha Konasana (Supported Wide Leg Forward Fold)

- Forward bends are deeply calming and soothing for the nervous system

Salamba Baddha Konasana (Supported Bound Angle Pose)

Reclined Twist with breath and bolster or block between the knees (be gentle and explore the exhale as you twist)

Savasana

Apa Japa Pranayama - breath awareness meditation