

## **Restorative Yoga Practice**

**Theme:** Restorative: Refresh Your Soul

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

**Sequence:**

**Seated Meditation** with Sama Vritti Pranayama

**Gentle Dynamic Twists** (right and left): 5 Rounds with 5 count Breath

**Supported Downward Dog** (OR Child's Pose): Head rests on Bolster(s)

**Supported/Sleeping Sphinx Pose**

**Supported Belly Down Twist**

**Viparita Karani** (Legs Up the Wall or Bolster)

**Salamba Paschimottanasana** (Supported Forward Bend)

**Savasana**

Nadi Shodhana → Meditation of Choice