

Home Practice - Restorative Sequence

Restorative yoga practice helps counter the stresses and strains of daily life. Support is important so the muscles can relax, heart rate lowers and the nervous system can be soothed. Restorative postures help calm the mind and open the body and we learn to breath. The following sequence may take 30/45 minutes.

You can change the timings to suit your practice.

If time is difficult you can leave out any of the asanas.



1. Supta Baddhakonasana
5 mins



2. Adho Mukha Virasana
5 mins



3. Adho Mukha Svanasana
1 min - support if possible



4. Uttanasana (resting)
1 min



5. Prasarita Paddotanasana
3/5 mins - supported



6. Chest Opener
5 mins



7. Setu Bandha Sarvangasana
5 mins



Viparita Karani
5/10 mins



Savasana
5/10 mins

Guruji says relaxation is about shedding but tension prevents this. Tension results from clutching tightly to life about being held by invisible threads that tie us to the known. Through restorative poses we can learn to cut these threads, learn to breath, to find out who we are, to face what we have to face with courage, equanimity, confidence.

