

## IYENGAR'S RESTORATIVE PRACTICE

- Prasarita Padatonasana – 10 minutes, with crown of head on block
- Uttanasana – 10 minutes, with head on block
- Down Dog – 5 minutes, with head on block & strap around forearms
- Headstand – 10 minutes (or up to 25 minutes)
- Supta Virasana – 5 minutes
- Dwi Pada Viparita Dandasana – 5 minutes (use either bolster or chair)
- Shoulder stand – 10 minutes
- Plough – 5 minutes
- Down Dog – 5 minutes (same as above)
- Prasarita Padatonasana – 5 minutes (same as above)
- Uttanasana – 5 minutes (same as above)
- Tadasana – 5 minutes; feel heels on the floor, chest lifting

Do all with closed eyes

Can shorten practice but keep ratios the same