

RESTORATIVE YOGA SEQUENCE

1. **Supported Reclining Easy Pose**
Centering with breath awareness
5-10 minutes
2. **Supported Childs Pose with Twist**
5 minutes Childs Pose, 5 minutes Twist each side
3. **Reclining Cobbler**
10 minutes
4. **Supported Bridge**
10 minutes
5. **Reclining Hero**
5 minutes
6. **Wide-Leg Seated Forward Bend**
5 minutes
7. **Legs up the Wall**
10-15 minutes
8. **Supported Mountain Brook (Fish)**
10 minutes
9. **Hamstring Stretch with Strap**
10 minutes

10. Supported Savasana

15 minutes

Iyengar's Restorative Practice