


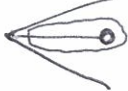








## 15-30 min Restorative Practice

1.  Supta Swastikasana    bolster or blankets across back ribs, shoulders on floor.
2.  Same pose with bolster along spine  
or
3.  Supta Baddha Konasana
4.  Virasana forward over a bolster
5.  Same pose over right thigh, then left
6.  Marichyasana III    Both sides
7.  Reclining twist
8.  Viparita Karani
9.  Setubandha Sarvangasana
10.  Savasana, blanket or bolster under knees