


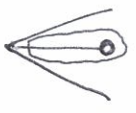








15-30 min Restorative Practice

1.  Supta Swastikasana bolster or blankets across back ribs, shoulders on floor.
2.  Same pose with bolster along spine
3.  or
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