

RESTORATIVE / INVERSION WEEK

Take your time, stay in the poses as long as you can manage / feel. Of course longer timings are more beneficial, and can be built over time.



supta Baddha konasana; spine support with blankets.



Virasana forward support under front body



Sit in x legs against wall for a few mins. Mind to breath



Dog; hands to wall & head supported on block



Uttanasana head on CHAIR or blocks



Prasarita Padottanasana head rested on CHAIR or block



Sirsasana on Head .. to 5 mins OR >>>



.....Viprita Dandasana head supported



Janusirsasana sit on blanket head on CHAIR or support



Tringmukahi paschmottanasana head on CHAIR or support



Upavista konasana head rested on CHAIR or support



Pascimottanasana Feet apart; head on CHAIR or support



Savangasana Supported CHAIR or if more experienced Niralumba Savangasana



Setubandha savangasana supported; bolster or blocks - feet to wall



Viparita karani Blanket / bolster under hips



Savasana; blankets along spine to lift chest, body warm. Then Ujjaya Pranayama, steady even breath. Total time 15 - 20 minutes.



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