

## Restorative Practice

Svastikasana



In Svastikasana, use the hands near the hips to lift the side of the chest and extend the spine. Bring the hands in Anjali Mudra, close the eyes and concentrate on the breath. Relax the face, the throat and the abdomen. You can chant the OM if you wish

Adho Mukha Virasana



2-3 Minuten

Have the forehead supported and make sure that the shoulders and the pelvis are at the same height

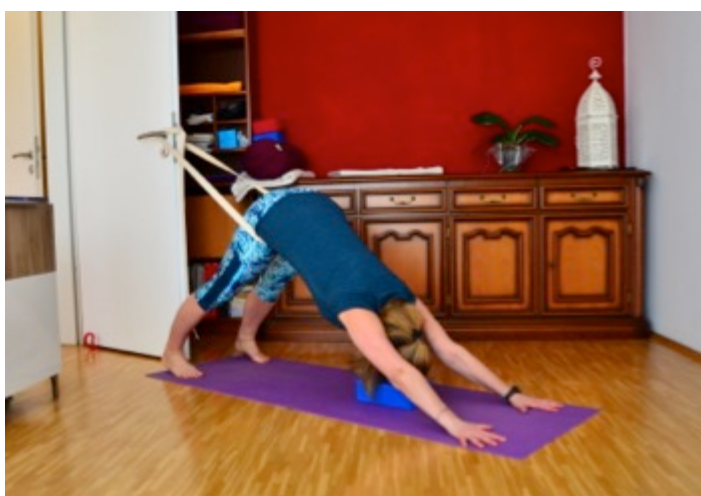


### Adho Mukha Svanasana



3 Min

Support the head and bring the heels at the wall if you so wish (it helps to stay longer)



If possible, use a belt around a doorknob to practice AMS supported with ropes

### Uttanasana



3 Min

Support the head (it can also be lower on blocks or bolsters)



## Supta Padangusthasana I und II



1 Min per side and pose (I und II)

Keep both legs straight and extend from the inner groins toward the inner heels. Spread the sole of the feet. Move the outer shoulders toward the floor to keep the chest open

When the leg goes to the right, turn the abdomen to the left and ground the leg on the floor



Prasarita Padottanasana with the head supported (on the floor or on a chair)

3 Min.



Supta Baddha Konasana with backbend

3 Min



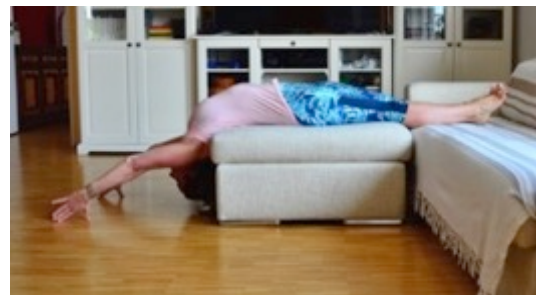
Keep the bottom on the floor and support the thoracic spine with the bolster. It is a backbend, so let the chin be higher than the forehead but support the head so that the neck can relax



## Dwi Pada Viparita Dandasana

Here are some possible versions of the pose. You can also keep the legs bent. The focus is to open the energy center in the chest and to free and strengthen it.

Stay 3-5 Min



## Adho Mukha Svastikasana – 2 Min per side

Every forward bend begins with a backbend.

In Svastikasana with the hands on the floor, energetically pull the mat toward you in order to move the chest forward. Keep the sitting bones grounded. Continue in this manner moving the hands forward and move the lower ribs toward the shinbones.

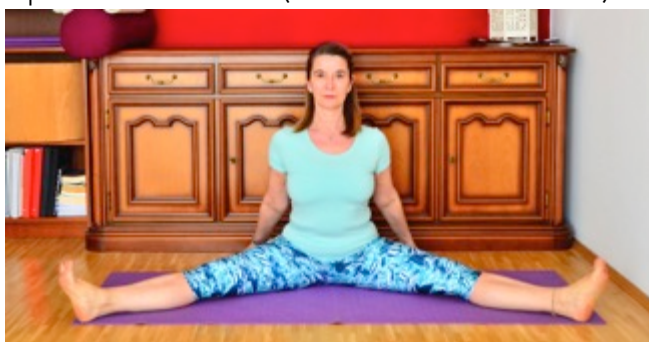


### Adho Mukha Baddha Konasana – 2 Min



Apply the same work as in AM Svastikasana and move the abdomen toward the heels

### Upavista Konasana (Parsva & Adho Mukha)



1 Min per variation

Sit higher (on a blanket or bolster) if you cannot sit straight.  
Keep the legs grounded, the toes pointing upwards and the chest long

Maintain the work on the legs during the variations



Parighasana



30 sec per side, repeat twice

Have the heel of the straight leg in line with the knee of the standing leg.

Turn the chestbone toward the ceiling and the pelvis facing forward.

Parivrtta Upavista Konasana



30 Sec per side

Turn the chest to the right and, maintaining the twist, place the left elbow on the floor in front of the knee.

If possible hold the foot. Straighten the right arm to the ceiling and then near the ear (hold the foot if you can).



The second version shows a milder version of the pose



Here come three forward bends practiced with the chair.  
In every pose, keep the breath regular, relaxed and soft.  
Support the head and relax the face and the neck. However, at all time keep the legs active and extend the side of the chest

Janu Sirsasana



2 min per side

If the knee of the bent leg doesn't reach the floor, sit higher and then if still necessary support it with a blanket or block. Keep the side of the spine equally extended

Trianga Mukhaikapada Paschimottanasana



2 Min per side

Sit high enough to keep the pelvis parallel (often the hip of the Virasana leg tends to be higher)





Paschimottanasana



3 Min

After the forward bends, lay flat on the floor with the legs bent for a few moments

Setu Bandha Sarvangasana



5 Min

Be attentive to your body and choose a height that is acceptable to the spine.

You can increase the height after a while if you body accepts it.

Keep the throat, face and eyes soft but press the shoulder blades into the chest.

At the end, lift the pelvis, remove the block and slowly accompany the spine to the floor.



## Pranayama in Salamba Savasana



Give yourself time to come to Savasana.

Ujjayi I - 3 Min  
(Observe the breath, make it even and deeper)

Ujjayi II – 3 min  
(slow down the exhalation)

Ujjayi III - 3 Min  
(slow down the inhalation)

Ujjayi IV - 2 Min  
(extend both ways)

Remain a few minutes in Savasana and relax

Namastè

