

# Yoga Sequence: Rest & Recharge

Use any or all of this Yoga sequence to slow down, rest and recharge the body and the nervous system.

## Tips for practice:

- *Be gentle and take your time. Move slowly between the poses and take moments to pause in transition. Stay as long as you like.*
- *Focus on feeling the weight of your body resting on the floor.*
- *Allow your attention to gently rest on the movement and sensation of your breath.*

### Restore the breath

1



Fold a blanket or towel into a long low column and with the pelvis on the floor, lie back with the spine lifted by the blanket. Slowly allow your ribs and torso to receive the natural movement of your breath in your body.

### Unfurl the upper back

2



Prop yourself up with your elbows and forearms shoulder width apart. With the legs gently lengthening along the floor behind you, breathe into the opening of the upper back and collarbones.

### Soften the chest

3



Roll up a blanket or towel and drape it behind your chest line as you soften the front of your body in a supported backbend.

### Elevate the hips

4



Use a yoga block, folded blanket or pillow to elevate the hips. Legs can elevate, or choose to keep the feet on the ground.

### Release the lower back

5



Roll up a blanket or towel and place it horizontally under the front hips and pelvis. Let your legs fully release and slowly allow your breath to move and widen your lower back.

### Fully rest

6



Roll up a blanket or towel and place it behind your knees or thighs. Surrender the weight of your body into the floor and enjoy some rest.