

RESTORATIVE SEQUENCE

Deep Relaxation & Stillness

Date: _____ Duration: 60 Minutes

DONE	POSE / ASANA	PROPS NEEDED	TIME
	Supported Fish	2 Blocks, 1 Blanket	<i>8-10 min</i>
	Supported Child's Pose	Bolster, 2 Blankets	<i>5-7 min</i>
	Reclining Bound Angle	Bolster, 2 Blocks, Strap	<i>10 min</i>
	Supported Twist (Left)	Bolster, Blanket	<i>5 min</i>
	Supported Twist (Right)	Bolster, Blanket	<i>5 min</i>
	Legs Up The Wall	Wall, Bolster, Eye Pillow	<i>10 min</i>
	Final Savasana	Weighted Blanket, Eye Pillow	<i>15 min</i>

Notes: Focus on effortless breathing. Ensure the body is fully supported to allow the nervous system to settle.