

RESTORATIVE SEQUENCE

60 Minutes â€” Deep Relaxation â€” Grounding

0-10 min

Supported Child's Pose

Fold forward over a bolster with knees wide. Rest one cheek on the bolster, switching halfway.

Props: 1 Bolster, 1 Blanket

10-25 min

Supported Heart Opener

Place bolster lengthwise along the spine. Let arms fall to the sides, palms facing up.

Props: 1 Bolster, 2 Blocks (optional)

25-40 min

Reclining Bound Angle

Soles of feet together, knees wide. Support outer thighs with blocks to release the groin.

Props: 2 Blocks, 1 Blanket

40-50 min

Supported Legs-Up-The-Wall

Hips against the wall, legs extended vertically. Place a folded blanket under the sacrum.

Props: Wall space, 1 Blanket, Eye Pillow

50-60 min

Final Savasana

Full corpse pose. Bolster under knees to release lower back. Cover eyes and body for warmth.

Props: 1 Bolster, 2 Blankets, Eye Pillow

Move slowly between transitions. Focus on effortless breath.