

## RESTORATIVE YOGA

### SEQUENCE

Use this sequence as a standard for daily preventative care.

Centering / Opening Breathwork	Duration
Queens Pose w/Relaxation Breath (4-7-8 breath)	10:00 min.

Asana / Posture	Duration / Hold
Virparita Karani (Legs-Up-the-Wall)	5:00-10:00 min
Supported Supta Baddha Konasana (Supported Reclining Bound Angle Pose)	5:00-10:00 min
Salamba Balanasana (Supported Child's Pose)	5:00-10:00 min
Supported Matsyasana (Fish Pose)	5:00-10:00 min
Supported Salamba Sarvangasana (Shoulder stand w/two bolsters and a strap)	5:00-10:00 min
Side-lying Savasana (Side-lying Corpse Pose)	5:00-10:00 each side.

Savasana "Final Rest Pose"	10:00 min
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