



Restorative Yoga Poses

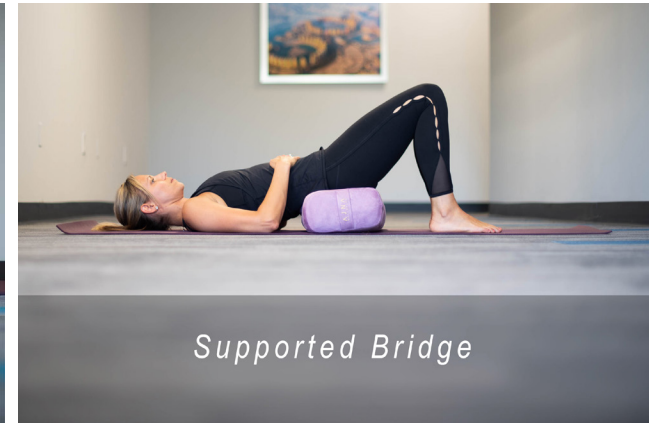
These are relaxing and restful poses that are meant to be healing and nurturing for the body. Pillows, cushions, and yoga blocks are used in these poses to support the body, creating complete relaxation. This gives the body time to restore, and the practitioner can focus on the breath and meditation to calm and clear the mind. These poses should be held for at least 5 minutes.



Legs Up The Wall



Legs On The Chair



Supported Bridge