







February 2022 Restorative Yoga

What do you need? Two blankets and 15-20 minutes

One to try this month:

<p>Simple supported back bend</p>		<p>Fold a blanket so that it's as wide as the space between your underarm and waist (picture A)</p>
<p>A</p> 	<p>B</p> 	<p>Part 1</p> <p>Lie on the blanket with the underside of your arms level with the top edge of the blanket (picture B & C) Make sure your knees are bent/feet on floor & lower back is comfy or support your legs with a bolster (picture C & D)</p> <p>5-10 mins</p>
<p>C</p> 	<p>D</p> 	<p>Part 2</p> <p>Fold the blanket in half lengthways (picture E)</p> <p>Lie on the blanket as described above.</p> <p>5-10 mins</p>
<p>E</p> 	<p>F</p> 	<p>Part 3</p> <p>Fold a second blanket in the same way as the first one. Position the blankets as in picture F.</p> <p>Lie on the blanket as described above. Pelvis on the second blanket & head on the floor. (picture G)</p> <p>5-10 mins</p>
<p>G</p> 	<p><i>When you have practiced the three stages above a few times, feel free to mix and match.</i></p> <p><i>Whichever position you choose, ensure you feel comfy. The blankets don't have to be high/deep to feel a benefit.</i></p>	