

March 2022 Restorative Yoga

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

One to try this month:

Simple supported semi-inversion		
<p>A B C</p>	<p>Fold 2 blankets so that they are as wide as the space between your underarm and waist (picture A)</p> <p>Fold one of the blankets in half lengthways (picture B) and position the two blankets as per picture C</p>	
<p>D</p>	<p>You will need a dining chair with no arms to support your legs (picture D)</p> <p>Note the curve drawn – this shape may not suit your lower back – see picture E for an alternative</p>	
<p>E</p>	<p>You could lift your pelvis slightly with a block (picture E)</p> <p>Substitute a block with a folded blanket or towel</p> <p>Note the curve drawn – lower back is less curved</p>	

Feel free to mix and match this posture with the ones from last month.

Whichever position you choose, ensure you feel comfy. The blankets don't have to be high/deep to feel a benefit.