



THE CONSCIOUS HEALTH COACH

Come and Embrace a New Vitality

Calming & Soothing Restorative Yoga

Restorative Yoga is a beautiful opportunity to restore the body and mind at a very deep level. The focus is stillness, allowing yourself to be fully supported by the props, to connect to the breath, and moving into the space of Divine Surrender. Allow the breath to become long and fluid. Inhaling and exhaling slowly and deeply through the nose. Trust and let go. Your practice should be very relaxing and comfortable. Allow any thoughts that drift in...to drift away when you become aware of them. Keep coming back to the awareness of the breath. Hold each posture for 10 minutes.

Props needed: 2 bolsters or several pillows, 1-2 folded blankets, an eye pillow.

Pose #1: Mountainbrook Pose (a gentle heart-opener that soothes and calms the mind)



Pose #2: Deer Pose: 5 minutes on both sides (releases low back and massages the organs of digestion)



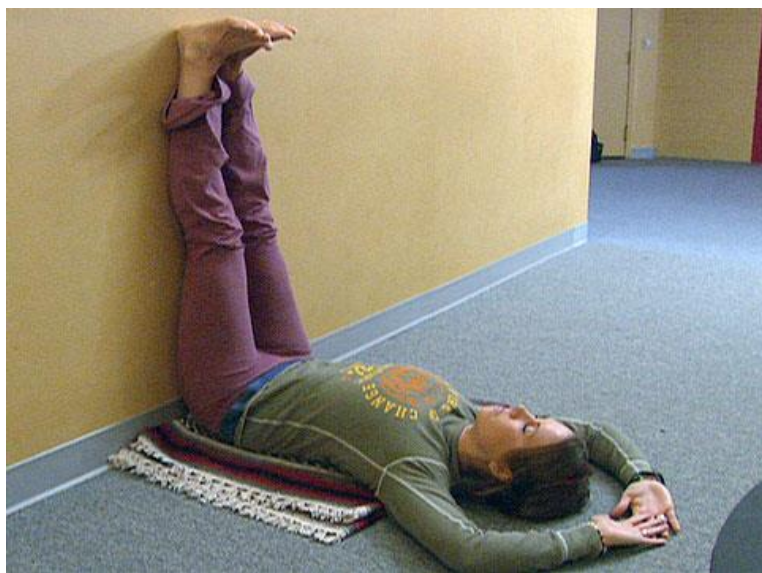
Pose #3: Supported Child's Pose (Soothes the mind, relieves tension in belly and back)



Pose #4: Reclined Bound Angle Pose (a gentle heart and hip opener that supports digestion and menstrual health)



Pose #5: Legs up the Wall (An inversion that calms the mind, resets the nervous system, increases blood flow, eases insomnia, relieves anxiety and depression)



Pose #6: Savasana (reduces headaches, fatigue and insomnia, relieves stress, lowers blood pressure)

