

## Gentle Restorative Yoga Sequence

Sit in Sukhasana (easy cross leg seat.)

Move arms up & down w/ breath  
side stretches  
seated twist

All 4s, cat and dog tilts, leg extensions, balance on opposite hand and knee

Child's Pose

Baddha Konasana (seated bound angle pose, aka butterfly)

Upavistha Konasana (wide leg seated forward bend)

Locust leg lifts (lying on your belly, lift one leg at a time)

Supta Padangusthasana 1, 2, and 3. (Lying on your back, stretch one leg at a time with a belt, straight up, out to the side, and then into a twist.)

Happy baby pose (hug knees toward your chest, then hold onto your feet and stretch them up toward the sky with your knees still bent.)

Eye of the needle (cross one ankle over your other knee, and pull that knee toward your chest)

Tree pose

Legs up the wall

Reclined twist (both sides)

Supta Baddha Konasana (Supported bound angle using blankets behind your back and under your knees)

Savasana