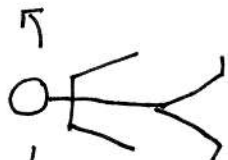
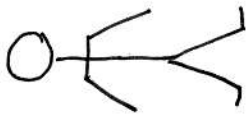


A Restorative Practice

"for when you are too tired to practice"



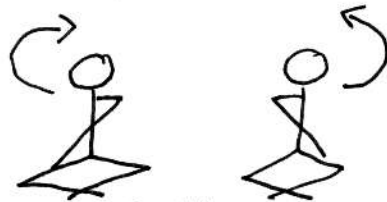
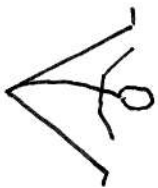
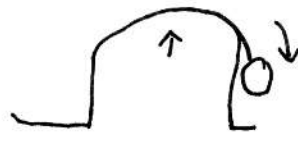
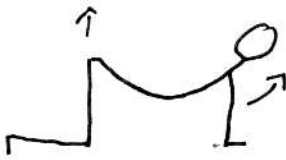
allow head to move from side to side with the breath



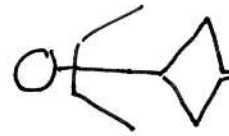
enjoy happy baby



moving legs side to side with the breath



SLOW SEATED TWISTS



LEGS UP THE WALL



My Musings

Unfortunately the world today does not seem to understand in either man or woman, the need to be alone. Anything else will be accepted as a better excuse. If one sets time aside for a shopping trip, the time is accepted as inviolable; but if one says, "I cannot come because it is my hour to be alone," one is considered rude, egotistical or strange. Anne Morrow Lindbergh.

Take your 'hour' to be alone, you are no use to anyone else, let alone yourself, if you are exhausted or cranky.

Rest, recover, re-charge - your body knows how to do this if you get your mind out of the way.

On the Mat

Pranayama - Lying in Shavasana allow your breath to smooth and settle

Asanas

- Gather together cushions, bolsters, rolled up towels - you don't need any props but it will be more restorative if you use them.
Lying in Shavasana may be even more restful with a bolster under your knees, which allows your lower back to sink further into the floor. A rolled up towel under your head can keep your neck long. A rolled up towel between the thighs and calves can make Child's pose more restful. In wide angle forward fold it is wonderful to rest your chest or forehead on a stack of blankets or a bolster. Make friends with your props - get to know them and see how they can support you.

From Shavasana, allow the head to move from side to side with the breath - exhale the ear towards the ground, and allow the inhale to bring the head back to centre. Hug your knees in and move into Happy Baby - enjoy - roll gently. Moving into a lying twist - start with both feet on the floor, hip distance apart, a right angle at the knees - move side to side with the breath, let the head move in the opposite direction if it feels good. To move into a deeper twist take the feet off the floor, draw the knees in closer to the body and "glue" them together.

It's not in the diagram - but if you feel like supported Bridge pose - this is a good place to practice it.

Keep your attention within, throughout the practice, slow, steady breaths and soft eyes ... Move gently into Cat Curb, exhaling back to Child. From Child exhale into Downward Dog, keep your knees bent if this helps you to enjoy the release of Downward Dog, neck long, gentle gaze down the nose tip. Feel the back extending. Rest back in Child. In Wide legged Forward Bend (seated) use as many props as you need to experience this asana as an utter release. Sit up on folded towels or a bolster so that the pelvis tips forward, lay piles of pillows or even a chair in front of you so that you can rest your upper body and head.

Rise gently for a Seated Twist. Use several exhales to move into the twist, twisting the belly, lower ribs, shoulders and finally the head. Feel your spine like a vine curling leisurely around a pergola.

Lie back in Supta Badha Konasana - use pillows and blankets to luxuriate in this release.

In Legs up the wall imagine your legs as a waterfall and allow the heart to be calm, and receptive, like a still lake.

Release into Shavasana, letting go of the body completely, sinking and spreading, merging with the floor beneath you.