

Relax & Restore

5-Minute Restorative Yoga Practice

Making time to decompress, breathe, and release tension can bring positive changes to your physical and mental health, and your ability to handle daily obstacles and stress. Restorative yoga works to deeply relax the body, creating more space for healing, while calming and balancing the mind. It can be a great tool to teach children who need help managing their emotions. The beauty of this type of yoga is anyone can do it regardless of flexibility, fitness level, or yoga experience – you simply have to find comfort and breathe.

Incorporate the below sequence into your weekly (or daily!) life to reduce stress. Hold each pose for one minute or sync to a relaxing music playlist - hold each position for the length of the song, changing your pose when the song changes. You can use a pillow for additional support, if desired. In each position, remember to breathe with slow inhales that fill your belly, exhaling at the same speed.

CHILD'S POSE

From a kneeling position, spread your knees about shoulder-width apart. Lower your torso, letting your belly rest between your legs and your forehead on the floor, with your arms extended overhead.

Supported: Rest your upper body on a pillow.

LYING BUTTERFLY

Lying on your back, bring the soles of your feet together, letting your knees fall outward toward the floor.

Supported: place a pillow along your back so your upper body and head are resting on the pillow.

LEGS UP THE WALL

Lying on your back, extend your legs straight up into a 90-degree angle, as if they were resting against a wall.

Supported: Place a pillow beneath your lower back and/or rest your legs against a wall or chair.

FORWARD BEND

From a seated position with your legs out straight in front of you, fold over, reaching for your shins or feet. Let your upper body hang over your legs.

Supported: Place a pillow on top of your thighs and rest your upper body on the pillow.

CORPSE POSE

Lie on your back with your legs straight out and arms at your side. Close your eyes and allow your body to completely relax and feel heavy on the ground. Consciously release any tension you feel and relax your face muscles – unclenching your jaw, pulling your tongue away from the roof of your mouth, relaxing your brow. Lay here as long as you like. When you're ready to exit the pose, wiggle your fingers and toes and slowly bring awareness back to your body.

Supported: Place a pillow beneath your knees.

