



NIGHTTIME RESTORATIVE YOGA SEQUENCE:

- 1. Supta Badhakonasana with Support:** This posture has a plethora of healing benefits including strengthening the liver (and spleen), relaxing all of the vital abdominal organs, relaxing the mind, increasing digestion and relieving gas and cramping.
Directions: Begin in a seated position, placing the feet in front of the body, soles together in a comfortable “butterfly position”. Have 2-3 pillows directly behind the back, parallel to the body. Slowly lie back onto the pillows making sure that the head is fully supported. The arms can come out to the sides, palms upwards. Everything is soft and released. It is also really nice to have an eye cover for the eyes (even a sock will do!). Stay in this pose for 3-5 minutes each night. There should be absolutely no pain, tension or effort; so if needed add more pillows for support. Read more here: <http://svasthaayurveda.com/yoga-pose-of-the-month-supported-supta-badhakonasana/>
- 2. Supported Forward Fold:** The supported variation of the forward fold is incredible for grounding the energy and calming the mind. It also helps to gently stretch out the spine, kidney area and back, releasing any pent up tension and stress that you may be holding onto.
Directions: Come into a seated position with the legs gently stretched out in front of you. Place 2-4 pillows perpendicular to your legs. They should lay on top of your legs, just about at the knee and shin area (or higher if needed). Come forward to a gentle forward fold placing only the forehead to the pillow, allowing it to release and relax completely. Once again the muscles are all completely relaxed and you are merely letting the pillows hold you up rather than pushing or pulling into the pose. The nose and mouth should not be covered, so adjust the pillows as needed. The arms can relax to the floor on their respective side. Hold this position for 3-5 minutes.
- 3. Legs Up the Wall:** This pose is a total body rejuvenation due to the increased blood flow throughout the body, removing stagnation and promoting free flowing energy (and circulation). It is great for the lower back, pelvic and kidney area, and it provides a nice boost for the thyroid. The connection you create to the earth in the reclined posture promotes grounded-ness and a calm mind, preparing you for a sound sleep. I generally prefer to do this pose directly before climbing into bed, as it makes me so still and sleepy.
Directions: Sit on a pillow placed directly against the wall. Your left shoulder should be touching the wall as you face in the direction to the right of the wall. Swing your legs up as you steadily bring your top half down to the ground, keeping the butt on the pillow. If your bottom ends up away from the wall, try your best to scoot in as close as possible, ideally so that it is directly up against it (along with the legs). Once again it is really nice to have an eye cover for increasing the grounding energy of this pose. Stay here for at least 5 minutes, up to as long as you feel is needed. If the legs go to sleep, come out of the posture however.