

## *Cradle of Healing (Restorative)*

*The Virtues:* Nurturing, Acceptance, and Healing.

*The Focus:* Restorative Yoga and Gentle Stretches

*The Apex:* Viparita Kanari (Legs Up the Wall) or Supported Shoulderstand

*Note:* With the restorative poses, start with a 2 minute hold and work up to 5 or more minutes. Be sure that you are comfortable, take your time in transitions, and subtly apply alignment even as you release and relax.

### *SEQUENCE:*

Supta Baddha Konasana

Supported Child's Pose

Adho Mukha Svanasana (Down Dog)

Uttanasana

Parsvottanasana

Anjaneyasana

Parighasana

Uttanasana

Supported Chest Opener

Supported Child's Pose

Adho Mukha Svanasana

Pigeon (or Thread the Needle)

Setu Bandha (Bridge)

Windshield Wipers

Hamstring Hug

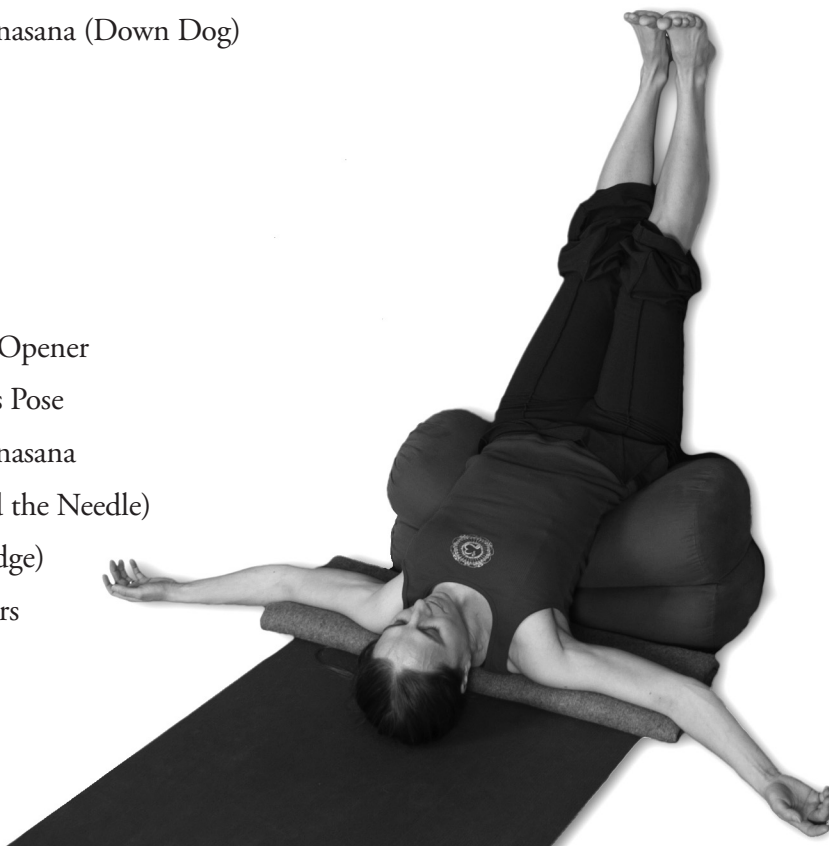
Supported Twist

Supported Child

Viparita Kanari

or Supported Shoulderstand

Savasana



*Supported Shoulderstand (against wall)*



Supta Baddha Konasana  
(Reclining Bound Angle Pose)



Supported Child's Pose



Down Dog  
move as you like



Uttanasana  
pulse with your breath



Parsvottanasana  
both sides



Anjaneyasana  
both sides



Parighasana (Gate Keeper Pose)  
go to both sides on each side



Supported Chest Opener



Supported Child's Pose



Pigeon Forward Fold  
both sides



Setu Bandha Sarvangasana



Windshield Wipers  
slow, with your breath



Supported Twist both sides



Supported Child's Pose



Viparita Kanari (Legs Up the Wall Pose) or Supported Shoulderstand



Breathe. Feel. Be.