

Supta Baddha Konasana (Supported Reclining Angle Pose)



Supta Baddha Konasana opens the whole front of the body: the pelvis, belly, heart, rib cage, and throat; improves circulation.

Props: 2 blocks, 1 stacked lengthwise and 1 on its side under one end of a bolster to prop it up on an incline. Firm, thick 'lumbar' pillow at top of bolster to support head and neck.

Sit with back to the short, low end of the bolster. Place a second bolster under your knees and bring your legs into Bound Angle Pose with the soles of feet together on blanket, knees out to

the side. Lie back on the bolster.

3 blankets to each side around shoulder-height support the arms. Extra blanket to cover abdominal area, if so desired. (Did not use strap yet, client not mobile enough to do this.) Extra high back bolster placement and pillow due to kyphosis.

Stay in the pose for 5 to 15 minutes.

To come out of the pose, using hands, slowly sit up while bending knees, sliding feet flat. Remove belly blanket. Take several breaths then turn to side between props.

Salamba Balasana (Supported Child's Pose)



Salamba Balasana releases back tension and provides additional calming and soothing effects to restore the body and mind. Releases lower back and shoulder tension.

Props: Place blocks underneath each end of a bolster which is placed length wise. Stack 2 blankets on bolster for more comfort. Come into Child's Pose. Torso is supported by the bolster and blankets.

Slide arms underneath the gap between the bolster and the floor, bringing each hand toward the opposite elbow. Supporting the elbows and arms helps to release tension in the upper back and neck and to integrate the arms back into the body.

On each inhalation, feel the back body expand; on each exhalation, feel the support under the chest and belly. When the time feels right, gently, in slow motion, turn the head to the other side.

Stay in the pose for 5 to 10 minutes.

To come out of pose, slide arms out from under bolsters, push up slowly using hands, rest for several breaths then move to a seated position.

Supported Viparita Karani (Legs up the Wall)



Viparita Karani is a rejuvenating inverted pose that is calming and nourishing for the mind and the body. It is an excellent pose for swollen ankles and feet; and does not require a lot of strength or flexibility. The legs on the bolsters decrease hip flexion. This pose relaxes the neck and shoulders and is a passive heart opener.

Props: Sit with the left hip as close to bolsters as possible, legs in front. Slide the feet along the floor, bending the knees.

Turn the left shoulder back along the wall, continue to turn the body.

Use hands on floor while lifting and guiding bent legs to the wall. Rest calves on bolsters, feet on the wall, while lowering the back to the floor.

The neck is supported by the rolled blanket; place the head on the firm “lumbar” pillow. The arms are at a 45’ angle alongside the body.

To come out of the pose, bend knees and gently roll onto side, rest several breaths before pushing up with top hand into seated pose.

Rest in Viparita Karani 5 to 10 minutes.