


















DAY SEVEN

RESTORATIVE FOCUS

OVERVIEW - LIFE ENERGY IN SANSKRIT IS CALLED PRANA AND BREATH IS THE STARTING POINT.			A. MODE OF PRACTICE
We are allowing ourselves to settle, creating a stable container for the breath to flow smoothly.			Supported longer holds.
NAME/TIMING	POSTURE	COMMENTS - ADJUSTMENTS	B. FOCUS
SUPTA BADDHA KONASANA (10 MIN)			B. FOCUS Body scan in each posture C. ATTITUDE Compassion D. BREATH
SUPPORTED UTTANASANA (5 MIN)			The Breath is your barometer, allow it to be soft and smooth in each posture. HELPFUL PROPS
SUPTA VIRASANA (5 MIN)		Use more height as required under buttocks, spine and head.	Blocks, bolster, blankets, strap, stools, and chair, ADDITIONAL NOTES
SUPPORTED ADHO MUKHA SVANASANA (5MIN)			
SUPPORTED PRASARITA PADOTTANASANA (5 MINUTE)			
SUPPORTED DWI PADA VIPARITI DANDASANA (1 MINUTE)			

<p>SUPPORTED PURVOTTANASANA (1 MIN PER SIDE)</p>		
<p>SUPPORTED SETU BANDHA SARVANGASANA (10 MIN)</p>		
<p>SALAMBA SARVANGASANA WITH A CHAIR (10 MINUTES)</p>	 	
<p>SAVASANA LEGS RESTING ON CHAIR (5 MIN)</p>		
<p>ADHO MUKHA SWASTIKASANA HEAD RESTING (1 MIN PER CROSS)</p>		
<p>UPAVISTA KONASANA (3 MIN)</p>		<p>This pose we are adding in to become more alert. Before our pranayama.</p>
<p>ELEVATED SAVASANA (10 MIN)</p>		

TREAT THE BODY AS A GARDENER WATERS A SEED AND WATCHES.

“WE WATER OUR ASANA AND PRANA YAMA PRACTICE WITH LOVE AND JOY, SEEING THE SMALL PROGRESS.”

BKE IYENGAR