

# RELAX & RENEW

## A RESTORATIVE YOGA SEQUENCE

**DIRECTIONS:** This restorative yoga sequence will help open your heart and relieve tension after a long day. Hold each pose for at least five breaths, and remember to breathe deeply.

### CHILD'S POSE



Sit on your heels and stretch forward.

### HERO



Kneel on your mat with knees together and sit down between your feet.

### PIGEON



Place right shin parallel with top of mat and reach left leg straight behind you. Switch sides.

### BOW



Hold the outsides of your ankles and arch your back to shift weight onto your navel.

### CAMEL



Reach back to grab ankles one at a time, then arch back, opening your chest.

### BUTTERFLY



Sit with feet together and knees out to the sides; open your feet like a book.

### LEGS UP THE WALL



Relax on your back with a wall supporting your legs.

### FISH



Press forearms into the ground as you arch your spine, bringing the top of your head to the floor.

### RECLINING SPINAL TWIST



Reach your legs to the right and twist your spine to look to the left. Switch sides.