

Restorative Yoga Poses for Healing & Relaxation

Pose Illustration	How to Practice
A woman is lying on her back on a purple bolster. Her knees are bent and feet are together, with her feet resting on a black block. Her arms are extended to the sides on the floor.	<p>Supported Reclined Bound Angle (Supta Baddha Konasana) Lie on a bolster; knees open, soles together, and support the knees with blocks or pillows. Rest arms by your sides and breathe slowly for 3–5 minutes.</p>
A woman is lying on her back on a wooden floor, with her legs extended vertically against a white wall. Her feet are resting on the wall.	<p>Legs Up the Wall (Viparita Karani) Scoot hips toward a wall and extend legs up. Support hips with a folded blanket if desired. Relax shoulders and jaw; hold several minutes.</p>
A woman is lying on her back on a green mat. Her knees are bent and feet are hip-width apart. A purple block is placed under her sacrum to support her hips.	<p>Supported Bridge Pose Lie on your back with knees bent and feet hip-width. Lift hips slightly and place a block or firm cushion under the sacrum. Relax and breathe.</p>
A woman is lying on her back on a black mat. A purple bolster is placed along her side, and her legs are draped over it to create a gentle twist. Her arms are extended to the sides.	<p>Restorative Supine Twist Lie on your back with a bolster along your side and drape your legs over it to twist gently. Keep both shoulders heavy and breathe calmly.</p>