

## Morning Restorative Yoga Sequence

### Gentle Awakening 20–30 min

This sequence invites your body to wake slowly while keeping the nervous system calm. Emphasize soft light, steady deep breathing, and a feeling of quiet readiness.

#### **1. Supported Easy Pose 3–5 min**

Sit on a folded blanket or pillow or bolster. Rest hands softly on your knees. Let your breath lengthen and feel the spine naturally rise. Set a simple intention for the day.

#### **2. Reclined Bound Angle Pose 5–7 min**

Lie back with support under your spine. Bring soles of feet together, support your knees with blocks and blankets. Allow your chest and your hips to gently open while you breathe here.

#### **3. Supported Child's Pose 5 min**

Knees wide, torso resting on a bolster. Let your forehead be supported. Feel the back body expand with each inhale.

#### **4. Gentle Supported Backbend 5 min**

Place a bolster lengthwise under the spine or a folded blanket under the shoulder blades. This softly energizes without stimulating.

#### **5. Short Savasana 3–5 min**

Rest quietly. Notice clarity in your mind and steadiness in your breath before transitioning into the day.

## Evening Restorative Yoga Sequence

### Deep Unwinding 30–45 min

This sequence signals to the parasympathetic nervous system that it is time to soften and release. Use dim lighting and longer holds.

#### **1. Supported Child's Pose 5–8 min**

Begin by turning inward. Let your chest drape over support and allow the day to settle.

**2. Supported Forward Fold (Seated or with Bolster) 5–8 min**

Sit with legs extended or crossed, fold over a bolster. Encourage a quiet inward focus.

**3. Reclined Bound Angle Pose 8–10 min**

Fully supported under the spine, blocks under your knees. Invite slow, effortless breathing.

**4. Legs Supported (Legs on Chair or Bolster) 8–10 min**

Rest calves on a chair or bolster to ease the lower body and soothe the nervous system.

**5. Long Savasana 10 min**

Cover the body with blankets if possible. Let your breath become natural and allow complete rest.

## **Travel Restorative Mini-Sequence**

10–20 minutes • Anywhere

When you're traveling, the intention is simple: create a small pocket of support so your body and your breath can settle, even in unfamiliar spaces. Use what is available such as, hotel pillows, folded towels, a sweater, or a blanket.

**1. Supported Child's Pose 3–5 minutes**

Kneel on the mat, carpet, or bed. Stack pillows or folded towels under your chest and rest your forehead. Let your hips soften toward your heels and allow deep breathing to widen your back body. Feel your mind begin to quiet.

**2. Legs Supported on Bed or Chair 5–8 minutes**

Lie down and place your lower legs on the bed, a chair, or even your suitcase so your knees are comfortably bent. Rest your arms by your sides. Breathe here and feel the nervous system unwind as the weight of the day drains from your legs.

**3. Reclined Rest with Pillow Under Knees 5–7 minutes**

Place a pillow or rolled blanket under your knees and lie back. Cover yourself if possible. Let your chest soften and your breath become natural, inviting the parasympathetic nervous system to guide you toward ease.

If time allows, remain in stillness a few extra moments before rising, noticing the subtle steadiness that restorative yoga can offer wherever you are.

## 60-Minute Restorative Yoga Sequence

### Deep Reset • Full Support

This 1 hour restorative yoga sequence is designed to guide your body and your mind into deep rest through long, supported holds, gentle transitions, and steady awareness of your breath. Move slowly, using props so you can soften completely and allow the parasympathetic nervous system to lead.

#### 1. Supported Easy Pose Arrival 5 minutes

Sit on a folded blanket or pillow or bolster so your hips are slightly elevated. Rest hands on your knees or in your lap. Close your eyes and invite deep breathing. Let your breath lengthen naturally as you settle onto the mat.

*Focus:* Arriving, grounding, signaling safety to the nervous system.

#### 2. Supported Child's Pose 8 minutes

Place a bolster or stacked pillows between your thighs. Fold forward, resting your chest and head fully supported. Adjust so your neck and shoulders soften.

Breathe here and feel the back body gently expand with each inhale.

*Focus:* Turning inward, releasing the back and hips.

#### 3. Reclined Bound Angle Pose 10 minutes

Lie back with a bolster or folded blankets supporting the spine. Bring soles of feet together and support your knees with blocks and blankets.

Allow your chest to broaden and your breath to become effortless.

*Focus:* Opening through the front body, deep nervous system soothing.

#### 4. Supported Gentle Twist 8 minutes (4 each side)

Place a bolster lengthwise and rest your torso over it in a soft twist. Support your head and your knees so there is no strain.

Feel your belly and low back soften as you breathe slowly.

*Focus:* Releasing the spine and integrating the practice.

### **5. Legs Supported (Legs on Bolster or Chair) 9 minutes**

Lie on your back with calves resting on a chair, bolster, or stacked pillows so your knees are comfortably bent.

Let your arms rest by your sides and feel tension drain from the lower body.

*Focus:* Circulation, deep unwinding, grounding.

### **6. Savasana with Support 10 minutes**

Place a pillow or bolster under your knees and cover your body with blankets for warmth. Option to place a light cloth over the eyes.

Allow your breath to become natural. Feel the relaxation response spread through your whole system.

*Focus:* Integration, profound rest.

### **Gentle Closing 2 minutes**

Roll to one side slowly. Pause before sitting. Notice the quiet steadiness in your body and the clarity in your mind.