

Salamba Balasana

What you will need;

- Two blankets, one to cover mat and another folded into stack size
- Two bolsters in T shape or improvise as I have with the couch cushion and an obie roller or use something cylindrical and firm that is not going to buckle under your weight, soft towel and pillow.

Sit kneeling in front of bolsters and bend forward lowering abdomen, chest and head onto bolster, turning head to one side.

Place other folded blanket on your back for warmth and the weight is very comforting.

Remember to turn head other direction about half way through your time.

Practice for 5-10 minutes, taking your time to ease out.



Supta Baddha Konasana

What you will need;

- Two blankets, one covering your mat and one rolled for leg support
- Two bolsters across mat side by side or improvise as I have – needs to be fairly firm
- Soft towel rolled to support neck
- Eye pillow, facecloth or a soft tea towel for covering eyes
- Timer as per Savasana last week
- Soft music of choice optional

Sitting in front of bolsters with feet on top bring soles of feet together and place rolled blanket over the feet, under knees and tuck in beside hips. Or you can do away with rolled blanket and lower legs straight onto the bolster. Lower rest of body to the floor, adjust rolled towel to find correct level of support and place on eye pillow. Bring arms a little ways from body, palms facing up.

To help find ease breathe three falling out breaths. Taking in inhalation and audibly letting out the exhalation. Ahhh

Develop a sense of draping the body on floor and checking in to see if you are completely supported over props and then actively giving weight to all of back body, letting go of any tension with the out breath. Inviting front body to join back body with the next exhalation. And just be...

Practice for 5-10 minutes and as with coming out of Savasana take your time coming out, you might like to bring knees together and then roll onto side.

