

## Floor Based Practice - RESTORE

- o **Notice** if you are feeling **tight**, or **restricted** in the **hips, low back, shoulders or neck** – lying in constructive rest can be a great way to notice areas in the body that are reluctant to let go with the outgoing breath
  - o Spend 5 minutes doing this a few times this week before you begin to move – or even make it your whole practice by staying a little longer & practicing full belly breathing

- o Simple **somatic knee folds** are excellent to release tension around the hips and lower back
  - From constructive rest walk the feet out to the edges of the mat, keeping the left knee & hip still, with an outgoing breath let the right knee fold in and downwards towards the mat (the back of the right hip will lift a little), coordinate the movement with the breath – slow steady exhale, then inhale to float the left knee back up – repeat slowly with awareness 4-5 times before changing sides.

- A mini savasana with straight legs in between sides will show you just how beneficial this practice is ☺

- o **Jathara parivritti** (revolved belly pose) is a lovely transition from here to stretch the lower back:

- bring the feet to hip-width distance, knees bent & take the hips a few inches over to the left, place hips down & draw knees in towards the chest,
- lower knees to the right, towards the right elbow.
- the right shoulder should stay connected to the floor so place a folded blanket under, or between the lower legs to allow this to happen

Stay for at least 6-8 breaths before repeating on the other side, taking care to straighten up the spine before moving to hips off to the side as you prepare.



- o From lying on the back you could move to **setu bhandha sarvangasana** (bridge pose) to open the chest, hip flexors and shoulders and lengthen the back of the neck (just take extra care if your neck is sensitive to flexion) bring the feet a little closer to the buttocks, without over flexing knee joints. Make sure that feet are hip width, with even weight onto the big toe and little toe joints



- reach the hands towards the heels, palms facing down
- peel the spine away from the floor working from the hips up towards the shoulder blades as you breathe in
- stay here and breathe for 6-8 breaths if the neck is comfortable

- work your way down, one vertebra at a time on an out breath (take an extra breath or two if you need to)

Repeat 2-3 times

- o **Hug the knees in towards the chest** & rock from side to side or move in small circles to massage the lower back
- o Move to your favourite shape for **relaxation - savasana** (corpse pose) with a blanket or bolster under the knees, or **viparita karani** (legs up the wall) the great rejuvenator is a lovely option for gaining a bit more energy