

## Setting Up Your Savasana

- If you have a timer on your phone set it to a gentle alarm to alert you after a certain time. This way you can completely relax without wondering how long you have been lying. Remember to add a few minutes for the set up time. (I would recommend at least 10 minutes)
- Lay out a soft blanket to lie your whole body on
- Have a folded towel under your head for some support
- You may wish to have a rolled up blanket or bolster under your knees to help the lower back feel at ease
- If the room is cool, have a blanket over you
- If you have an eye pillow or facecloth place it over the eyes

## Being in Savasana

- Consciously give your weight completely to the support of the ground beneath you
- Invite any tension or holding to release, soften and relax (nice to do this on an exhale)
- For a while simply be with the felt sense of each breath arriving and leaving
- Let go of any effort and enjoy this deep relaxation
- Thoughts will come and go .. If you find yourself “attaching” to any of this internal dialogue, gently and with kindness each time, simply come back to the felt sense of the breath

## Coming out of Savasana

- It is important to come out of Savasana in the same quality and consciousness as when we are in it
- Roll into side lying and be there for at least a few breaths before you come up to sit
- Allow yourself to settle in seated for a few moments while you take some time to notice how you feel following this relaxation

## Variations of Savasana

- Some people are not comfortable lying on the back for this length of time. Here are some variations of Savasana you could consider

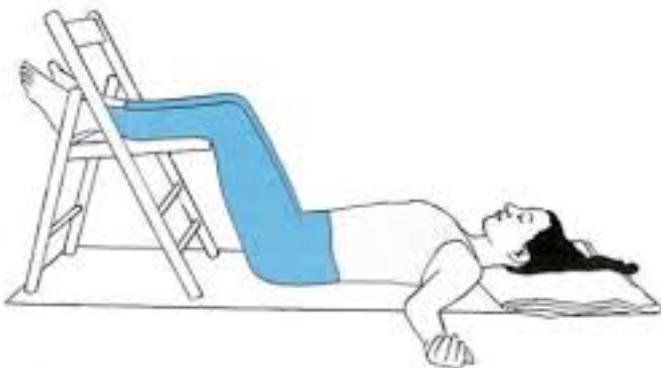


FIG.1 WITH LEGS SUPPORTED ON CHAIR

## Side Lying Savasana

