

OBYoga - Week 4 Led Practice - Restorative

X Bolster Setu Bandha 8 min

AMS - head support in the ropes 5 min

Uttanasana - using support 5 min

- If support is unfolded chair at wall, see that the buttocks is on the wall and the feet are 12" away from the wall and shoulder width apart; use bolster and blankets to see that forehead is supported

Prasarita Padottanasana - 3 min

- head support if head doesn't come to floor
- Monette & Mary if attending should use a chair and extend their spine, forehead on the chair seat and forearms folded on the chair seat. Others can do this version if necessary.

Sirsasana in ropes - 5 min

- ceiling ropes are in top drawer if needed but only those who are familiar with and have used them should use them.

Viparita Dandasana in chair - 5 min

- legs bent or up on block
- use head support
- if neck complaints, come out of the pose

chair twist 2x each side

Supta Baddha Konasana 8 min

Salamba Sarvangasana 5 min

Ardha Halasana with support 5 min

- use halasana benches or chairs
- if chairs, see that the legs are more or less horizontal
- You might have to demonstrate how this is done

Setu Bandha Sarvangasana - 5 min block or bench

Viparita Karani - 5 min

Savasana - 10 min

If time doesn't allow for all the poses, discard Ardha Halasana 1st, then either Setu Bandha Sarvangasana or Viparita Karani second OR give a choice of those two
I think I left my pink watch in the yoga studio so you can use this for timings or your cell phone might be more convenient and easy.