

Restorative Poses with Dorothy Meyer



Supported Child Pose
with bolster & blanket



Supported Child Pose
with a twist - do legs both sides



Bolster supported twist
with Cactus Pose arms - do legs both sides



Bent knee, block supported hips
with Cactus Pose arms.



Bent knee, block supported hips
with arms to sides



Bent knee, strap bound legs,
hands on belly



Chair supported, blankets under knees,
wide angle forward fold



Chair, bolster, and blanket
supported Hero's Pose



Legs on blanket on chair,
arms to side



Seated forward fold,
supported by blankets and bolster



Single Leg seated forward fold,
Bent knee to side,
supported by blankets and bolster -
do both sides



Supported Corpse Pose, use two bolsters, strap legs, head below heart



Supported Frog Pose, use bolster and block at head



Supported Goddess Pose, blanket roll under neck and around feet and under hips blanket support under arms, eye pillow



Seated Easy Pose on bolster back to wall



Supported Downward Facing Dog Pose, use wall strap and bolster under head



Legs Up the Wall Pose variation, strap legs, blanket support under hips



Legs Up the Wall Pose variation, legs in Cobbler's Pose, blanket support under hips



Legs Up the Wall Pose variation, Wide Angle, blanket support under hips



Legs Up the Wall Pose variation, hands to heart and belly



Supported Corpse Pose, blanket roll under neck and knees, eye pillow



Supported Corpse Pose variation, bolster under knees, two blocks under head and heart

Hold each pose for 5 to 10 minutes, focus on the breath, and your body at ease. Allow your mind to stay present and "listen" to your body, breath, and thoughts. If your mind wanders, come back to focus on body and breath. Let go of judgements of right or wrong and simply enjoy renewing and restoring.