



RECLINED TWIST
 Sit w/ hip at short edge of bolster
 Leg nearest bolster perpendicular to long edge
 Turn towards bolster
 Rest upper body on bolster
 Hold for 3 minutes each side



HEART OPENER
 Sit in staff pose
 Short edge of bolster against tailbone
 Lie back over bolster for deep low back stretch
 Extend arms out to the sides
 Expanding the heart up
 Stretching the front of the shoulders
 Hold for 3-6 minutes



SUPPORTED BRIDGE
 Drape over bolster with edge at base of shoulder blades
 Shoulders grounded
 Chest open
 Legs extended
 Hold for 3-6 minutes



BANANA TWIST
 Lie over bolster at the side waist
 Arms and legs extended
 Bottom arm is a pillow
 Top arm and leg extend back to create banana shape
 Hold for 3 minutes each side



PIGEON POSE
 Bolster is placed perpendicular to long edge of the mat
 Front leg calf aligns with bolster
 Back leg extends straight back from hip
 Knee and top of back foot grounded
 Place appropriate height pillow block under forehead
 Hold for 3 minutes each side



WIDE KNEE CHILDS POSE
 Knees at the edges of the mat
 Big toes touching
 Bolster between the knees
 Lie chest on bolster
 A block can be placed under the bolsters far end for a lift
 Hold for 3-6 minutes