



# WEEKEND REST RITUAL

*Yin Edition* PT2



## CHILD'S POSE

Child's pose is a restorative yoga pose for relaxation. It stretches the back, hips, thighs, and ankles. With the heart opening and the chest melting with the forehead on the floor it promotes deep breathing and calming the nervous system.

Come on to your hands and knees. Walk knees as wide as your mat, with toes moving towards each other. Bring hips back to the heels lengthening the torso on the mat with the arms extended forward. Chest relaxes and forehead rests on the floor. Arms can be as wide as the shoulders (narrow), or wider than shoulders to soften the collarbones and pull shoulders away from ears.

**BENEFITS**

- gentle relief from back pain
- decompresses spine

**HOLD TIME**

**4-6 MINS**



## DRAGON - FLYING HIGH

Dragon pose is a yang stimulated deep hip opening pose that stretches the hip flexors, groin, and quads.

Come on to your hands and knees and step the right foot forward between your hands. Feel free to support the left knee by rolling the mat or using a blanket. Bring right knee to stack over the ankle. Keep left hip stacked on top of the left knee or walk the left knee back behind the hip for more opening. Place hands on either side of right foot. Use a block to bring the earth closer to you, or raise your heart and place your hands on your thigh. Breathe deep!

**BENEFITS**

- deep flexibility and tension release
- relieving lower back pain
- mental focus/emotional balance

**HOLD TIME**

**3-4 MINS**



## CAT PULLING ITS TAIL

Cat Pulling Its Tail is a reclined stretch for the spine, shoulders and hips. It's a restorative pose that helps release tension.

Come and lie on your back. With both legs straight, bend the right knee and roll your leg over to the left side until the right hip is stacked on top of the left. Begin to bend your left knee until your right hand can reach your left foot – look at the photo! Use a strap if needed. Hold on to the foot keeping the whole leg and foot on the floor. Open your heart keeping the left arm straight or feel free to rest your head in your left hand – like the photo. Use props as needed.

**BENEFITS**

- deep stretches for hips, lower back, quads and hamstrings
- improves spinal ability
- stimulates stomach, spleen kidney

**HOLD TIME**

**5-6 MINS**