

Yoga to Rest & Rejuvenate



Constructive Rest Position

Deep breathing for 2-5 minutes
Use block & strap or let knees fall together



Cow Pose (Inhale)

Alternate for 10-15 breaths with Cat Pose



Cat Pose (Exhale)

Alternate for 10-15 breaths with Cow Pose



Seated Hamstring Stretch

1-2 minutes, each side
Use a strap, scarf or belt as needed to keep a tall spine



Seated Twist

1-2 minutes, each side



Reclined Butterfly

6-12 minutes. Improvise with pillows, blankets or couch cushions if you don't have yoga props.



Reclined Twist

4-6 minutes, each side. Arms fully resting on either side of bolster, torso completely supported. Add blankets under arms if needed.



Legs up the Wall Pose

5-10 minutes



Savasana

3-8 minutes

Option: bolster or blanket under the back of the knees.

Modify the sequence to fit your body and what feels good to you. Improvise with things around your house if you don't have props. Add more props until the body feels totally supported and no muscular effort is needed to hold the pose. Feel free to take longer or shorter times in the postures. Generally, to soothe the nervous system it is helpful to do longer holds and transition in and out of poses quite slowly. Take your time and enjoy a few moments of #selfcare and deep breathing!

Let us know how you like the sequence and if you have any special requests for sequences via blog posts or videos! queenstreetyoga@gmail.com