




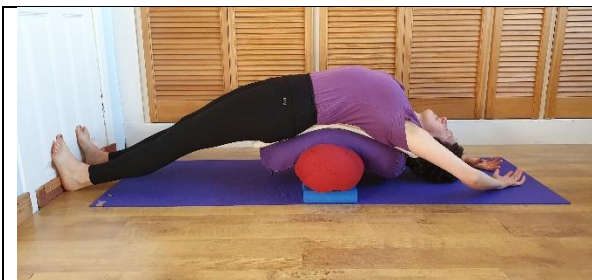
	<p>RESTORE/INVERSION/PRANAYAMA PREP – practice class #4</p> <p>Supta baddha konasana – rest the body and mind, with chest kept open by support</p>
	<p>Adho mukha virasana – head supported</p>
	<p>Adho mukha svanasana – head supported</p>
	<p>Uttanasana – head supported</p> <p>You can adjust height for your body. Feet and legs apart to encourage breadth in the back.</p>
	<p>Prasarita Padottanasana – head supported</p> <p>Again adjust height. I show here with a bolster. If you're more stiff, then use a chair as with uttanasana above. If you can go lower, take head to floor.</p>
	<p>Sirsasana – on a chair, or as normal, or if you have ropes at home then a rope version is possible too.</p> <p>Leave out if headstand is not yet part of your practice.</p>



Dwi pada viparita dandasana over crossed-bolsters – made up for your height with extra blocks/blankets as needed

Note the head drops back here, so throat and top chest lifted. The nape of my neck was slightly supported by the blanket. You might need to have something under your head if it doesn't touch the floor or you feel strain.



Slide backwards to come out.



Viparita karini – if you don't have sufficient props, you can even just lie with your legs on a chair.



Slide out and rest with legs crossed



Supported halasana – if you have sufficient equipment

(you may wish to do supported chair shoulderstand before this too)



Supported savasana – observe breath

Chest open, shoulderblades tucked into body but still broad, diaphragm wide, belly soft and receding. Limbs loose. Face quiet.



Full savasana no support – let go.

Note:

You could do this series as a standalone practice, as a restorative/quiet inversion practice.

It can also be used as a preliminary asana practice before pranayama. In this case, you could come out from supported halasana and do a 20 min savasana, then your pranayama practice which could be in supported savasana and/or a seated position.