



**Practice ideas 9 –
restorative/inversions/pranayama**

Start in supta baddhakonasana – here I've held the feet in place by propping against a blanket instead of using a belt – and horizontal bolster for broad chest. Can use spine-ways bolster too.



Supta virasana, spine-ways bolster (or you could use other supports instead)

Use these two to settle the body and mind and to ease into the breath



Supported downward dog – here I'm showing the belt around doorhandle version if you don't have ropes at home – head rested



Uttanasana with head supported – legs wide for more space



Prasarita padottanasana – I would usually do this with head released to floor or support (as uttanasana above) but if you have a suitable height table or support, with torso supported is divine for the back, and lovely if you're on a period or feeling tired.



See previous class plans for other versions of headstand – using chair support for example in week 4 – or leave out if not within your current practice



Dwi pada viparita dandasana – towards top of head supported – curve over chair and use hands to tuck shoulders for chest and heart opening. Heels descending into support.

I have shown a version of crossed bolsters in a previous class plan (week 4) if you have no chair.



Setu bandha sarvangasana over chair – again, can be done simply as a supported chatuspadasana on a brick, with or without legs extended (see weeks 7 & 8) if you don't have a chair



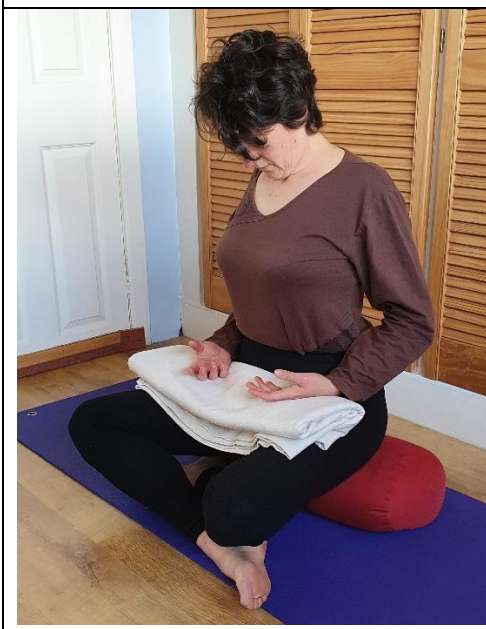
Chair shoulderstand, also with baddhakonasana leg variation – or do a full shoulderstand and/or supported halasana as shown in previous weeks



Paschimottasana – lovely to have head supported for quietening



Supported savasana for some supine breath awareness and pranayama – ujjayi and viloma perhaps? Use Light on Pranayama or your own practice.



Seated pranayama – in swastikasana or virasana – or as shown in week 4 sitting on a chair with upright spine. Spine in, chest open, spine upright, head released, palms quiet. Maybe done with palms prone, every now and again may need to readjust and use hands on bolster to regain the lift. Use Light on Pranayama or your own practice.



Flat savasana with weighted thighs after finishing pranayama to release