

RESTORATIVE POSES

Supported recline

Opens across the chest and relaxes the shoulders to deepen breath/ open heart space. Can be done with one or both legs extended or bent up to reduce strain on the back.

Supported child's pose

Relaxes the frontline while passively stretching the back line. This pose can assist us to cultivate an internal gaze and feel safe and secure. Can be completed with bumblebee breathing (repetitive humming).

Supported Mermaid/Banana pose

Opens and expands the side body to allow for deeper breathes and ease in system regulation. Can be completed with top hand to the bolster for balance purposes if required.

Inversion

Alleviates pressure from the internal organs and soft tissue so they can recalibrate more easily. Reversed the effects of gravity from the feet, ankles and legs to support energy rejuvenation.

MayaKosha Healing

