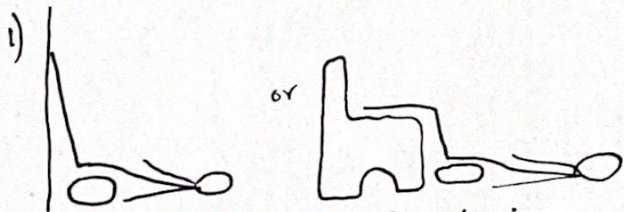


# Restorative Yoga Practice

Kosha, Kriya, Yoga: Unleashing the Science of Soul  
with Yogarupa Rod Stryker

Date: February 20 2021 • PM Session



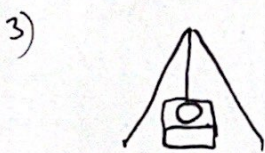
Viparita Karani ~ Stay 6 min

- Legs up on the wall or chair/couch
- Initially shape breath, breathing into belly
- Last few minutes, breath involuntary



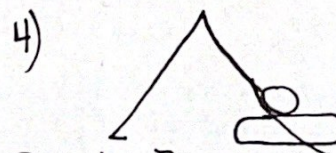
Supported forward fold

- from cross legged position, fold over support
- Stay 3 min



~ Stay 3 min

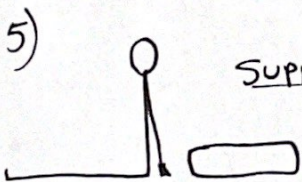
- place support(s) and put hairline area of head there
- Let body unwind as you breathe



Supported Down Dog ~ 3 min

- head rests on support
- create space? stability to release

adjust after supported Downward Dog

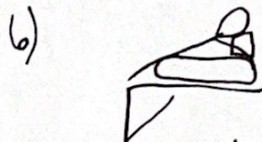


Supported backbend

put support one hand length behind sacrum

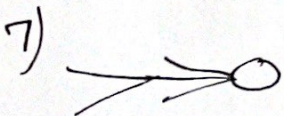


~ 3 min



supported Head to Knee Pose

~ 3 min per side



Savasana

For ~2 min shape breath

Inh 4: Exh 8  
then ~ 1 min

Inh 4: Exh 8 pause 24 sec

\* Eventually breath pauses on its own and we let go

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