WEEK 11

Yoga for legs: Restorative Yoga



HOW IT WORKS

- Keep doing your 15 min/Days of static or dynamic exercises
- 2 Take 10 to 20 minutes for yourself in the evening and practice restaurative
- Fill up the tracker
- 4 Enjoy the benefits

GROUP OF EXERCISES

Legs on the wall
VIPARITA KARANI

Reclining Butterfly Pose with support

EXERCISES Fracker

EXERCISES	MON	TUE	WEN	THU	FRI	SAT	SUN
LYING DOWN							
STANDING							
SITTING ON A CHAIR							
SITTING ON A MAT							
RESTORATIVE							
TOTAL							

GROUP OF Exercises





ADD ONE OF THESE RESTORATIVE YOGA EXERCISES TO YOUR DAY! RELAX BETWEEN 10 AND 20 MINUTES A DAY WITH ONE OF THESE EXERCISES AND ENJOY THE BENEFITS!

LEGS ON THE WALL - VIPARITA KARANI



PLACE A BLANKET OR CUSHION UNDER
THE PELVIS FOR COMFORT.

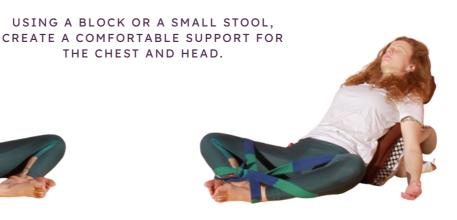


USE A ROPE OR A RUBBER BAND TO PREVENT YOUR LEGS FROM FALLING OFF WHEN YOU RELAX.

RECLINING BUTTERFLY POSE WITH SUPPORT



PLACE CUSHIONS UNDER THE KNEES TO PREVENT THEM FROM STRETCHING WHEN RELAXING.



OR USE A ROPE AROUND THE LEGS TO PREVENT THEM FROM FALLING OFF.