

Yoga for legs : Restorative Yoga



HOW IT WORKS

- ① 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
- ③ Fill up the tracker
- ④ Enjoy the benefits

GROUP OF EXERCISES

Legs on the wall

VIPARITA KARANI

Reclining Butterfly Pose with support

EXERCISES *Tracker*

[illegible]

GROUP OF Exercises

WEEK 11
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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



USING A BLOCK OR A SMALL STOOL, CREATE A COMFORTABLE SUPPORT FOR THE CHEST AND HEAD.



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.