

## Restorative Yoga Sequence using a Bolster Laura Fisher Yoga



Supported Child's Pose

Stay here as long as you like 3-23 mins!



Gentle Twist

Sitting Side on to the Bolster, with one hip touching it. Gentle twist from your rib cage up so that your torso is facing then bolster and then rest down on it. Stay for 3-5 mins before swapping on to your other side.



Supported Bridge Pose

Come into normal bridge pose and then slide the bolster under your hips. Let your weight rest down on it. Stay for 5-10 mins. Great after a busy day.



Heart Opener

Sit with the bolster lengthways behind you. Then lie back, drapping your body over the bolster and let your arms and shoulders hang down either side of it. If this is uncomfortable for your low back sit on a cushion and then lie back. You might also find a little cushion under your head nice. Your legs can rest out straight or try crossed ankles. Stay for 5 mins



Savasana