

WINTER WISDOM: RESTORATIVE YOGA PRACTICE



Adho Mukha Svanasana
Downward Facing Dog



Bitilasana
Cow



Marjaryasana
Cat



Upavistha Konasana
Wide Angle Seated Forward Bend



Jathara Parivartanasana
Reclining Twist



Sucirandhrasana
Eye of the Needle



Supta Padangusthasana
Reclining Big Toe Pose



Supta Baddha Konasana
Reclined Bound Angle



Viparita Karani
Legs Up the Wall



Consider warming up with a brisk 10-20 minute walk outside. Breathe in the beauty of the winter light.



Light candles in your practice space to warm your heart and delight your senses



Take your time with these postures. Enjoy your breath, slow down, and move mindfully.