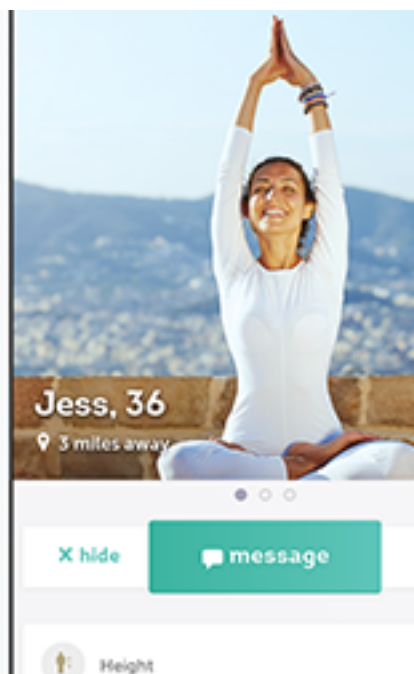
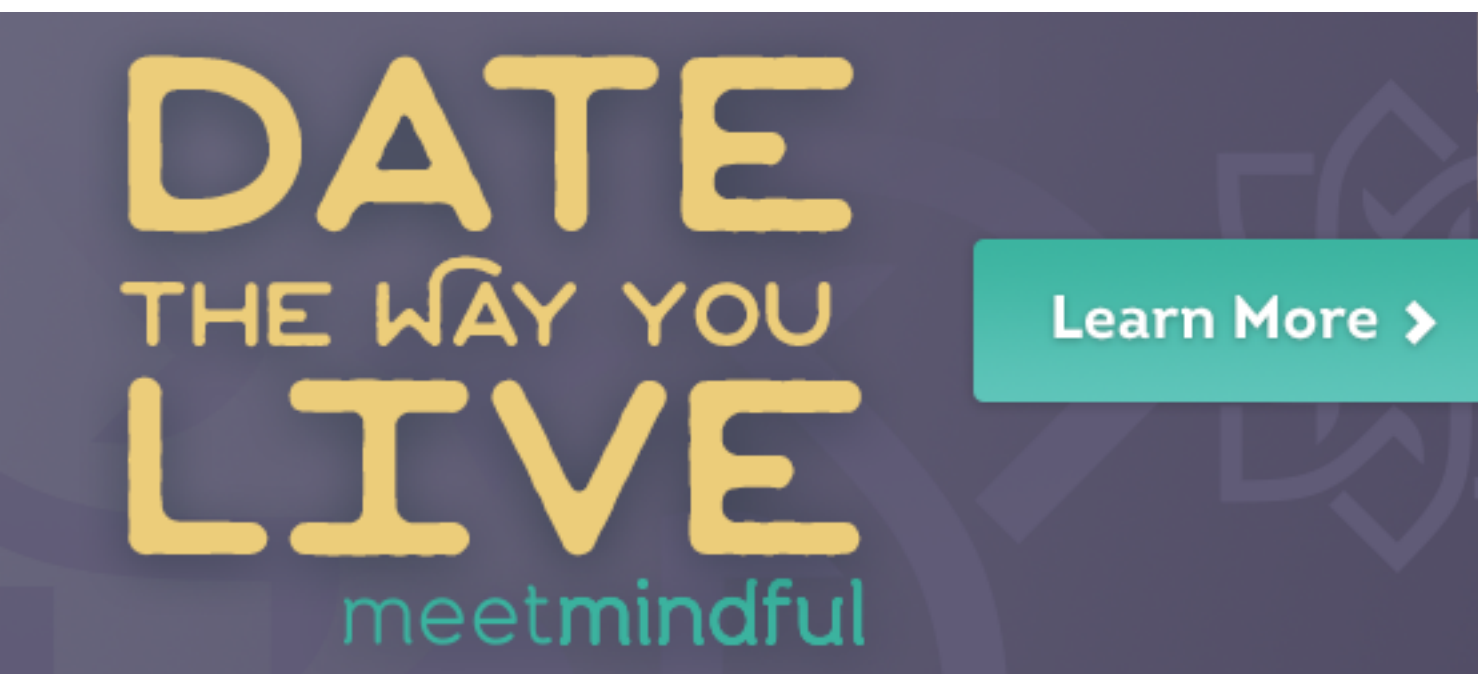
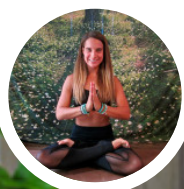


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Reconnect and Refuel With This Restorative Yoga Sequence



By **Allie Flavio**





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What is restorative yoga?

From the exterior, the practice appears like people lying on big pillows, eyes closed, lounging away, and possibly snoring.

And this is true – the practice can involve this.

But what you can't see from the outside, is the magic that is taking place on the inside.

Magic – say what?!

Yes, it's true. Restorative yoga is a magical practice that, when practiced with complete surrender, can be an incredibly humbling and healing experience.

So who should practice restorative yoga?

The answer is simple – everyone.

The practice benefits everyone – all ages, shapes, sizes, ethnicities, religions, genders, and possibly animals too (okay, that's a bit far fetched). You get where I'm going though....

So if restorative yoga is SO magical, life-changing, and healing – why aren't more people doing it?

The answer is simple – we don't allow ourselves.

All too often, we approach our yoga practice from a yang/masculine perspective. We show up wanting to build heat, tone muscles, increase flexibility, and sweat. And this is okay, please keep doing this.

But I want you to also focus on your yin/feminine side – the cooling, relaxing, softening aspects of your being. And the easiest way to do this within the yoga practice is . . . restorative yoga (who would've guessed).

Yogis – please use the below sequence as a tool to quiet the constant mind chatter, to let the body truly reconnect and refuel, and most importantly – to experience that inner magic.

You deserve this practice.

So without further ado, grab the below yoga props, change into a comfy outfit, and be prepared to experience some serious yoga magic.

Yoga Props Needed:

Block (You can use a small stack of books)

Bolster (Grab a sofa cushion)

Blanket (optional)

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*If you don't have props, the tutorial can be performed without, just note – it will become more of a yin sequence versus a restorative one.

1. Supported Forward Fold



I love this restorative posture – it's so soft and cuddly, yet expansive and lengthening at the same time.

The How-To:

- Place a folded blanket underneath your seat to help tilt the pelvis

forward and create length in the spine.

- Place a bolster on top of your thighs.
- Place a block on top of your bolster – either at the second or lowest height.
- Let the legs completely relax and the feet splay out to the sides of your mat.
- On an exhale breath, let the chest melt down and the forehead rest on the block.
- Invite the tops of the shoulders to soften and lengthen down as the back opens and relaxes.
- Stay for 5 minutes or more if desired.

**As the back body opens, feel free to lower or remove the block.*

2. Supported Supine Spinal Twist





Another favorite of mine! Except technically, all of these restorative poses are my favorites, which is why I'm sharing them with you!

This supported, gentle twist is a beautiful posture to help relieve stress and tension along the sides and mid-section of the body. It's also a great tool to aid in digestion.

The How-To:

- Place the bolster behind the body, vertical length, and in the middle

of your mat.

- From a seated position, bend both knees, and let them spill over to the right.
- Bring the bolster directly in-line with your right hip.
- On an inhale breath – grow tall from the ground up.
- On an exhale breath – let the chest melt over the bolster and bring left ear to the bolster.
- For an added twist – switch the position of your head, bringing the right ear to the bolster.
- Stay for 5 minutes and repeat on the other side.

3. Supported Wide Leg Forward Fold





The How-To:

- Find a seat on your blanket – this is especially important if you lack hip mobility and flexibility. By elevating the seat, your pelvis can find a natural tilt, which lengthens the low back, and in turn helps open your hips to new possibilities.
- Place a bolster between your legs, connecting with your midline, and vertically facing.
- Place a block on top of the bolster – either second to lowest or lowest height.
- On an inhale breath – sit up tall and find length in the back body.
- On an exhale breath – let your chest soften over the bolster and

forehead connect with the block.

- Stay for 5 minutes.

*Just like the above forward fold posture, feel free to lower or remove the block as the hips soften and open.

4. Supported Bridge Pose



Supported bridge pose is a posture that I highly recommend in this sequence and any other yoga practice. It's the antidote to our sedentary/sitting lifestyles by allowing the hip flexors to soften and release built up tension.

If you practice keyboard asana or steering wheel asana, then this is the pose for you!

The How-To:

- Lie down on your back, bend at the knees, and plant the feet on the ground.
- Lift the hips and place a block directly underneath your sacrum.
- The sacrum is the flat, hard surface of your low back, it's right above the fleshy meat of your bum.
- The block can be on whatever height you prefer, but I recommend the second height.
- Arms can rest out to your sides, palms up, and let the shoulders relax down to the ground.
- Keep length in the back of the neck, relax the jaw, and let the tongue float freely.
- Stay for 5 minutes.

5. Supported Savasana





And to round out our beautiful, restorative practice – final savasana.

We all know and love this pose – it's the most important one, always. Please don't cheat yourself by skipping this pose! Savasana is where everything connects, where the movements permeate through to our cells, where life becomes clearer yet softer – it's the remedy to our busy selves.

So again, please don't miss out on this epic opportunity.

The How-To:

- Lie down onto your back.
- Place a bolster directly under your knees.
- Place a blanket under your head for support.
- Arms can rest by your sides with the palms facing up.
- Close the eyes, take a deep breath in, and let it go. Take another huge inhale, and exhale everything out.
- Relax – you are beautiful, you are whole, you are loved, you are you.
- Stay for 5 – 15 minutes.

How ya feeling?

I'm going to guess really good, like better than good – probably more like amazing?

If you're nodding that beautiful head of yours, then welcome to the world of restorative yoga – it's magical.

Yogis, this practice is available to you always. Take bits and pieces, use the whole thing, or make up your own, but please – find time to reconnect, refuel, and experience the magic.

Let's talk yogis! Do you practice restorative yoga? What are your favorite restorative postures? Is relaxing and restoring hard for you to do? If so, what is your biggest challenge?

Please leave comments, questions, feedback, or general yoga love down below.

Until next time – xoxo.

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ALLIE FLAVIO

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Allie Flavio

Allie is the soul behind TheJourneyJunkie.com and a yoga girl at heart. After years of gymnastics and cheerleading, yoga came naturally into her life and at the perfect timing. With no motivation for fitness and a lack of purpose or dharma, yoga and Allie quickly fell for one another and the rest is history. When Allie's not blogging about yoga/travel advice or doing/teaching yoga, you can find her relaxing by the beach in sunny St. Petersburg, FL. A born and raised Florida girl, Allie is an outdoor junkie who loves the ocean, fresh air, and a delicious fish sandwich! To learn more about her yoga and travel adventures, check out her blog The Journey Junkie.

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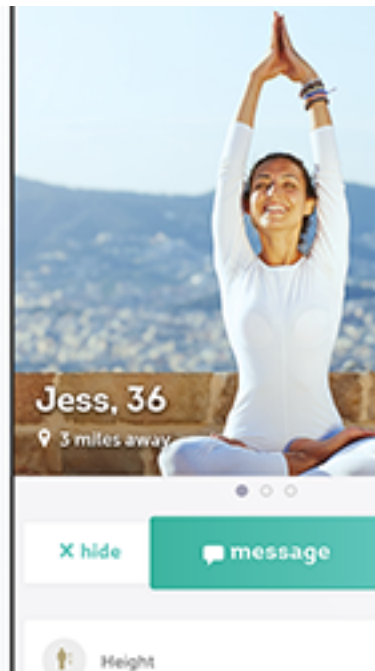
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