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Restorative Yoga Poses

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These restorative yoga poses will relax and calm your entire body and mind to prepare you for corpse pose.

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RICHARD CUMMINGS

[\(http://www.yogajournal.com/pose/child-s-pose/\)](http://www.yogajournal.com/pose/child-s-pose/)

[Child's Pose \(http://www.yogajournal.com/pose/child-s-pose/\)](http://www.yogajournal.com/pose/child-s-pose/)

[Balasana \(http://www.yogajournal.com/pose/child-s-pose/\)](http://www.yogajournal.com/pose/child-s-pose/)

Take a break. Balasana is a restful pose that can be sequenced between more challenging asanas.

[\(http://www.yogajournal.com/pose/corpse-pose/\)](http://www.yogajournal.com/pose/corpse-pose/)



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[Savasana \(http://www.yogajournal.com/pose/corpse-pose/\)](http://www.yogajournal.com/pose/corpse-pose/)

Savasana is a pose of total relaxation—making it one of the most challenging.

[\(http://www.yogajournal.com/pose/legs-up-the-wall-pose/\)](http://www.yogajournal.com/pose/legs-up-the-wall-pose/)



CARY JOBE

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[Legs-Up-the-Wall Pose \(http://www.yogajournal.com/pose/legs-up-the-wall-pose/\)](http://www.yogajournal.com/pose/legs-up-the-wall-pose/)

[Viparita Karani \(http://www.yogajournal.com/pose/legs-up-the-wall-pose/\)](http://www.yogajournal.com/pose/legs-up-the-wall-pose/)

There's a general consensus among modern yogis that Viparita Karani or Legs-Up-The-Wall Pose may have the power to cure whatever ails you.

[\(http://www.yogajournal.com/pose/reclining-bound-angle-pose/\)](http://www.yogajournal.com/pose/reclining-bound-angle-pose/)



[_ \(http://www.yogajournal.com/pose/reclining-bound-](http://www.yogajournal.com/pose/reclining-bound-)

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[angle-pose/](#)

[Reclining Bound Angle Pose \(http://www.yogajournal.com/pose/reclining-bound-angle-pose/\)](http://www.yogajournal.com/pose/reclining-bound-angle-pose/)

[Supta Baddha Konasana \(http://www.yogajournal.com/pose/reclining-bound-angle-pose/\)](http://www.yogajournal.com/pose/reclining-bound-angle-pose/)

A classic restorative posture, Supta Baddha Konasana or Reclining Bound Angle Pose can be modified for any level of hip and groin resistance.

[\(http://www.yogajournal.com/pose/reclining-big-toe-pose/\)](http://www.yogajournal.com/pose/reclining-big-toe-pose/)



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[Reclining Hand-to-Big-Toe Pose \(http://www.yogajournal.com/pose/reclining-big-toe-pose/\)](http://www.yogajournal.com/pose/reclining-big-toe-pose/)

[Supta Padangusthasana \(http://www.yogajournal.com/pose/reclining-big-toe-pose/\)](http://www.yogajournal.com/pose/reclining-big-toe-pose/)

Oh, your aching back? Or maybe you can't crack those tight hamstrings. Supta Padangusthasana or Reclining Hand-to-Big-Toe Pose is for you.

[\(http://www.yogajournal.com/pose/reclining-hero-pose/\)](http://www.yogajournal.com/pose/reclining-hero-pose/)



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[Reclining Hero Pose \(http://www.yogajournal.com/pose/reclining-hero-pose/\)](http://www.yogajournal.com/pose/reclining-hero-pose/)

[Supta Virasana \(http://www.yogajournal.com/pose/reclining-hero-pose/\)](http://www.yogajournal.com/pose/reclining-hero-pose/)

Lay Virasana back and to take the stretch in the thighs and ankles up a notch.

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AcroYoga teacher Deven Sisler turned to restorative yoga after suffering from two miscarriages and a precancerous condition. Use her restorative sequence to find your own healing flow.

[\(http://www.yogajournal.com/slideshow/kathryn-budigs-top-3-poses-pms/\)](http://www.yogajournal.com/slideshow/kathryn-budigs-top-3-poses-pms/)



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Kathryn Budig's Top 3 Yoga Poses for PMS

[\(http://www.yogajournal.com/slideshow/kathryn-budigs-top-3-poses-pms/\)](http://www.yogajournal.com/slideshow/kathryn-budigs-top-3-poses-pms/)

Kathryn Budig shares her three favorite PMS remedies—after chocolate. Prepare to prop!

[\(http://www.yogajournal.com/slideshow/urban-zen-sequence-insomnia/\)](http://www.yogajournal.com/slideshow/urban-zen-sequence-insomnia/)



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Goodnight, Insomnia: An Urban Zen Sequence for Better Sleep

[\(http://www.yogajournal.com/slideshow/urban-zen-sequence-insomnia/\)](http://www.yogajournal.com/slideshow/urban-zen-sequence-insomnia/)

This combination of restorative yoga, meditation, essential oils, and Reiki—from dream team Colleen Saidman Yee and Rodney Yee—will help ease anxiety and insomnia to deliver your best night's zzz's.

[\(http://www.yogajournal.com/slideshow/restorative-yoga-poses-athletic-recovery/\)](http://www.yogajournal.com/slideshow/restorative-yoga-poses-athletic-recovery/)



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Yoga for Athletic Recovery: 5 Poses to Max Out Training Benefits

[\(http://www.yogajournal.com/slideshow/restorative-yoga-poses-athletic-recovery/\)](http://www.yogajournal.com/slideshow/restorative-yoga-poses-athletic-recovery/)

You may spend serious time sweating, but it's the space between workouts that counts. Sage Rountree's yoga poses will help you get the most out of your recovery time.

[\(http://www.yogajournal.com/poses/yoga-by-benefit/depression/happiness-toolkit-restorative-poses/\)](http://www.yogajournal.com/poses/yoga-by-benefit/depression/happiness-toolkit-restorative-poses/)



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Happiness Toolkit: Two-Minute Restorative Poses

(<http://www.yogajournal.com/poses/yoga-by-benefit/depression/happiness-toolkit-restorative-poses/>)

Got two minutes? A short restorative practice can help edit and transform negative inner narratives that reinforce anxiety and depression.

(<http://www.yogajournal.com/slideshow/two-fit-moms-active-passive-poses-for-holiday-stress-relief/>)



(<http://www.yogajournal.com/slideshow/two-fit-moms-active-passive-poses-for-holiday-stress-relief/>)

Two Fit Moms: 8 Poses for Active + Passive Stress Relief

(<http://www.yogajournal.com/slideshow/two-fit-moms-active-passive-poses-for-holiday-stress-relief/>)

Pick your poses. Two Fit Moms offers three ways to relieve holiday stress with yoga—active, passive, or a combo—in this sequence.

(<http://www.yogajournal.com/slideshow/stoke-digestive-fire-detoxifying-sequence/>)



JOE HANCOCK

[\(http://www.yogajournal.com/slideshow/stoke-digestive-fire-detoxifying-sequence/\)](http://www.yogajournal.com/slideshow/stoke-digestive-fire-detoxifying-sequence/)

Stoke the Digestive Fire: A Detoxifying Sequence

[\(http://www.yogajournal.com/slideshow/stoke-digestive-fire-detoxifying-sequence/\)](http://www.yogajournal.com/slideshow/stoke-digestive-fire-detoxifying-sequence/)

With plenty of hip and abdominal work, this sequence is meant to stoke the digestive fire during an Ayurvedic cleanse.

[\(http://www.yogajournal.com/slideshow/go-flow-period-practice-teens/\)](http://www.yogajournal.com/slideshow/go-flow-period-practice-teens/)



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Go With Your Flow: A Period Practice for Teens

[\(http://www.yogajournal.com/slideshow/go-flow-period-practice-teens/\)](http://www.yogajournal.com/slideshow/go-flow-period-practice-teens/)

Is it safe to get your om on at that time of the month? Teens, learn what yoga can teach you about listening to your body and practicing self-care.

[\(http://www.yogajournal.com/slideshow/plug-into-wall-recharge-4-soothing-restorative-poses/\)](http://www.yogajournal.com/slideshow/plug-into-wall-recharge-4-soothing-restorative-poses/)



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Plug Into the Wall + Recharge: 4 Soothing Restorative Poses

[\(http://www.yogajournal.com/slideshow/plug-into-wall-recharge-4-soothing-restorative-poses/\)](http://www.yogajournal.com/slideshow/plug-into-wall-recharge-4-soothing-restorative-poses/)

No energy to set up for restorative yoga? Plug yourself into a wall and reboot with Kathryn Budig's simple poses.

[\(http://www.yogajournal.com/slideshow/winter-slow-flow-poses-warm-up/\)](http://www.yogajournal.com/slideshow/winter-slow-flow-poses-warm-up/)



(<http://www.yogajournal.com/slideshow/winter-slow-flow-poses-warm-up/>).

Winter Slow Flow: 9 Warming Poses (<http://www.yogajournal.com/slideshow/winter-slow-flow-poses-warm-up/>).

Cooped up inside waiting out winter's deep freeze? This practice would be a wise use of your time.

(<http://www.yogajournal.com/slideshow/15-poses-help-sleep-better/>).



JEFF NELSON

(<http://www.yogajournal.com/slideshow/15-poses-help-sleep-better/>).

15 Poses to Help You Sleep Better (<http://www.yogajournal.com/slideshow/15-poses-help-sleep-better/>).

Ease into a restful night with this practice to try at home.

[\(http://www.yogajournal.com/video/video/savasana/\)](http://www.yogajournal.com/video/video/savasana/)



[\(http://www.yogajournal.com/video/video/savasana/\)](http://www.yogajournal.com/video/video/savasana/)

Watch + Learn: Corpse Pose (<http://www.yogajournal.com/video/video/savasana/>)

Learn the subtle alignment points of Savasana that bring you total relaxation in this how-to video.

[\(http://www.yogajournal.com/article/beginners/corpse-pose/\)](http://www.yogajournal.com/article/beginners/corpse-pose/)



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The Subtle Struggle of Savasana (<http://www.yogajournal.com/article/beginners/corpse-pose/>)

Don't underestimate the art of relaxation. Savasana can be the most difficult pose of your practice.

[\(http://www.yogajournal.com/poses/types/restorative/the-power-of-restorative-yoga/\)](http://www.yogajournal.com/poses/types/restorative/the-power-of-restorative-yoga/)



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Treat Your Next Cold with Restorative Yoga

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At the first sign of a cold, try grabbing some props for a supported, restful yoga practice to deeply nurture body and spirit.

[\(http://www.yogajournal.com/video/video/reclining-hand-to-big-toe-pose/\)](http://www.yogajournal.com/video/video/reclining-hand-to-big-toe-pose/)



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Jason Crandell narrates this video demonstration of Reclining Hand-to-Big-Toe Pose (Supta Padangusthasana).

- 1 [2 \(http://www.yogajournal.com/category/poses/types/restorative/page/2/\)](http://www.yogajournal.com/category/poses/types/restorative/page/2/)
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