



Rest and Restore

Relax the body and refresh the mind



“I am my true self.”

Relax after exercising. You may lie down or sit in a comfortable way, using a mat, blanket, rug or grassy area.

Lie on your back so that your entire body is relaxed. The arms and legs are long; hands with palms facing up. Close your eyes and notice any comfort or discomfort in the body. Place your focus on breathing in and breathing out. Be still. Rest for 5-10 minutes. To come out of the pose, move slowly and push the body up with your hands to support the back.

Note: For additional back support, place a rolled blanket under the knees.

Caution: With back issues or injury, find a comfortable position that suits you. You may sit up to rest, or lean against a wall.

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