



# Simple Restorative Sequence

Use whatever support you normally use for these poses in class, AND use head support in all downward facing poses. If Headstand/Salamba Sirsasana 1 is practiced, add between Prasarita Padottanasana and Chair Sarvangasana. If headstand is not practiced, do head-supported Prasarita Padottanasana.



1. Supta Virasana



2. Adho Mukha Virasana



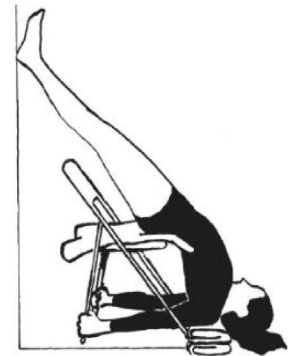
3. Adho Mukha Svanasana



4. Uttanasana



5. Prasarita Padottanasana



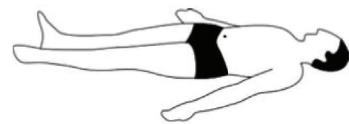
6. Chair Sarvangasana



7. Viparita Karani



8. Supta Baddha Konasana



9. Savasana