

# 5 Yoga Postures to Help you Relax

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Breathe-  
Natural



## 1. Child Pose • Balasana

Come to the hands and knees. Bring your toes together and take your tailbone towards towards your heels. Place your forehead on the floor. Rest the arms alongside the body. Allow the breath to be smooth and natural.

Options: Place a rolled up towel under the crease at the tops of the feet; Rest the torso on some cushions for support; Reach the arms overhead to wherever is comfortable.

Breathe-  
Natural



## 2. Reclining Bound Angle Pose • Supta Baddha Konasana

From constructive rest (laying on the back with knees bent and the soles of the feet on the mat), bring the soles of your feet together and open the knees out to the side. Allow the palms to face upwards.

Options: Put some cushions or rolled up towels under the knees for support; Lay on a folded up blanket - keep the tailbone on the ground.

Breathe-  
Natural



## 3. Corpse Pose Variation Chair • Savasana Variation Chair

Lay on your back and place the lower legs onto a chair (you can do this in front your couch). Allow the palms to face upwards. Relax and breath.

Options: Put a folded towel or blanket on the chair for warmth and comfort.

Breathe-  
Natural



## 4. Legs up the Wall Pose • Viparita Karani

To get into this posture, sit as close as you can to the wall. Lay down on your side, and bring your bottom even closer to the wall. Roll onto your back and extend the legs up the wall. Make any adjustments to wriggle yourself closer to the wall. Relax and breath.

Options: Use a yoga strap around the thighs for more support. It will use less effort to hold the legs up.

Breathe-  
Natural



## 5. Corpse Pose • Savasana

You can lay out long or put a cushion under the knees. Do what feels comfortable.

Come to a place of stillness and surrender. Connect with the natural rhythm of the breath. Take your attention inwards and feel the sensations of the body. Listen to the breath. Nothing else matters in this moment except the sound of your breath. Stay here for at least 5 minutes. Always do savasana. This is your most important yoga posture.