



RESTORATIVE: 20 minutes: St. Mary Magdalen Release, Restore, & Recover #2 with Tekla Longing for Restoration (Psalm 80)

This restorative series is set up a bit different than our traditional classes. They do not flow from posture to posture and there are 3 times a short meditation is read and then also in Quiet Pose. Should use the meditations for the restorative series since they are set up for it. Great for calming the nervous system!

Props: Block, Pillow, Strap

Kneeling for Opening Prayer & Intentions

1st Posture: Elevated Pelvis with legs up the wall; block between thighs, strap around upper thighs, pillow under sacrum -Breath-work & Gratitude: R hand on upper abdomen, L hand on heart ***Read Meditation #1**
-Transition: release strap, block, and pillow; wiggle away from wall, roll to one side and come to Hands & Knees

R Hip Release with block under R glute, hold for 3 breaths; switch: L Hip Release with block under L glute

BPP & 2nd Posture: Heel Sit sitting on block & pillow *Read Meditation #2

Seated Legs Extended, knees and hips to R and L

3rd Posture: Assisted Forward Fold with strap around feet and back against the wall **-Transition:** press back into wall, and come to middle of the mat, roll onto spine **-Knees bent, R Knee to chest; hamstring stretch; switch: L Knee to chest; hamstring stretch**

Quiet Pose