

Restorative Yin Practice with the Psoas in Mind

Linda Lang



you will warm up in advance ...
and as you begin this series, you will choose the best seat for YOU, perhaps with blankets or pillows supporting your knees, allowing the hips to blossom

you may decide to begin this way in a chair or with your back against a wall to reduce tension



if you are feeling tension or tightness, simply choose a restorative seated child's pose like this ... snuggle the pillow more deeply toward the belly than in this image. soften, breathe with a very relaxed belly



or choose traditional child's and hold it for at least two minutes



widen the knees and lengthen the spine, soften, breathe



open to the left and right, look for spaciousness in the ribs and spine



add the restorative element of a blanket, rolled towel or cushion to help lengthen the spine and support a longer hold

place support under your knees or ankles if you wish, the extended ankle position is very important



roll over, hug in, luxuriate here there is no hurry



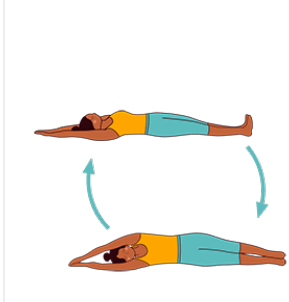
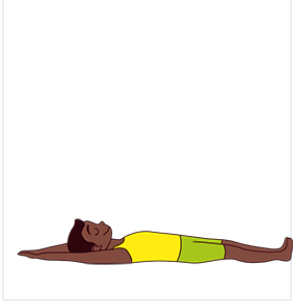
gently practice apanasana, wind pose within your comfort zone breathe in, release breathe out, draw in

notice this is more subtle than the next



go deeper as your body allows, no strain, no pain

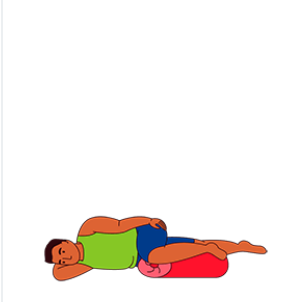




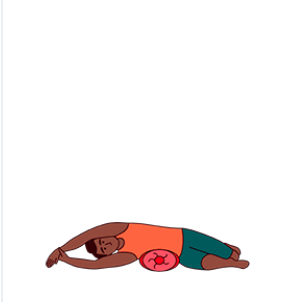
reclining half moon in preparation for the restorative with bolster

really take your time here, the spine remains flat on the floor at all times

try to hold this pose at least 2 minutes if not longer, your breath should be easy to access

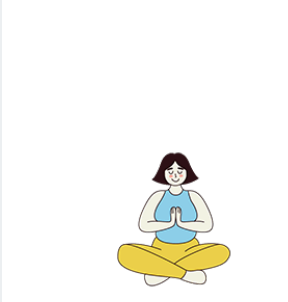


rest here if your muscles seem fatigued this can also be a stand alone pose notice that the ankle is elevated as well as the knee, hips are fully supported

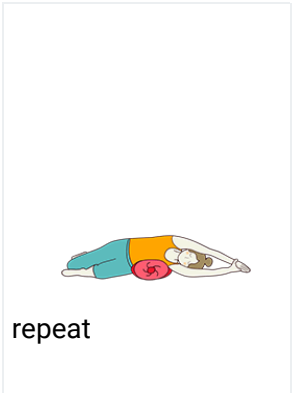


Then select a prop with comfortable dimensions, and remain here for three to eight minutes

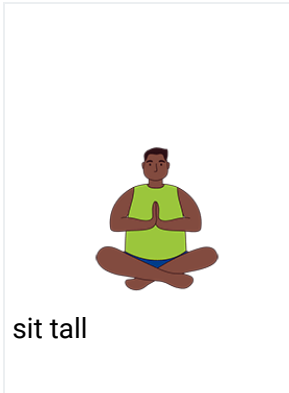
please bring your knees to a 90 degree angle with your body



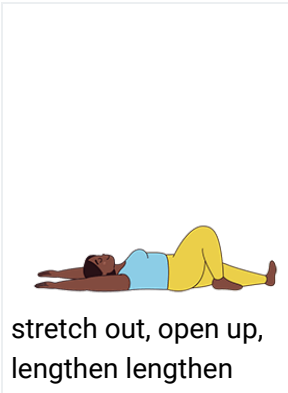
always sit tall for a few breaths before transitioning to the next side



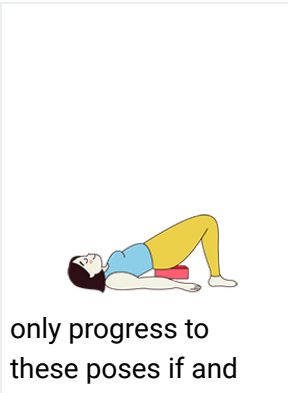
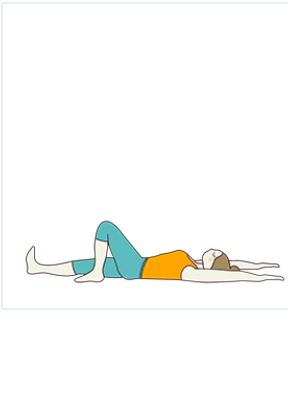
repeat



sit tall



stretch out, open up, lengthen lengthen lengthen



only progress to these poses if and when your psoas has become more quiet and your low back is happy



higher is "different" and not necessarily "better"



be playful, this will be excellent support for the sacrum and low back



can be practiced against the wall as well



rest before playing



make certain that your hips are perfectly aligned and grounded before executing this pose



this is a game changer

soften, breathe

press down on the foot of the bent leg to encourage your low back to soften into the support to protect it



transition to bridge series if it seems reasonable and your body has healed enough to support the effort without pain



Notice one leg extends at a time, never both





Draw in, either on or off of a support as a counter-pose



This is a more advanced stretch, play with straightening the leg that has the strap around the thigh

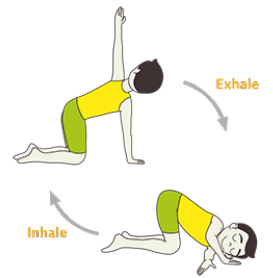
proceed with CAUTION



bow, and honor your essence



transition to this twisted child's series or practice this as a stand alone series in any practice you wish. it's marvelous for clearing the mind and a great preparatory pose before meditation!



try to bring your shoulder all the way to the floor, or support it with a pillow or blanket



your head must rest gently on the floor or a pillow while the neck remains neutral



very important to sit tall for one minute+ between each side



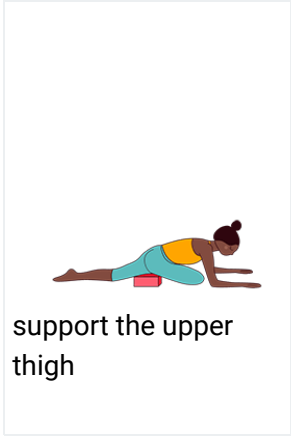
soften, breathe deeply and gently



If you wish to add a pigeon series remember to warm up appropriately. this pose may be enough in and of itself



or this one



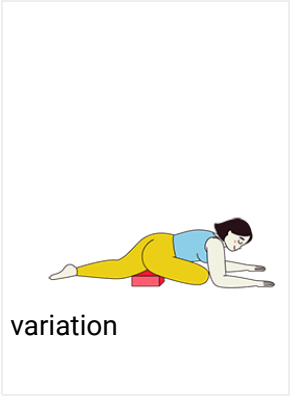
support the upper thigh



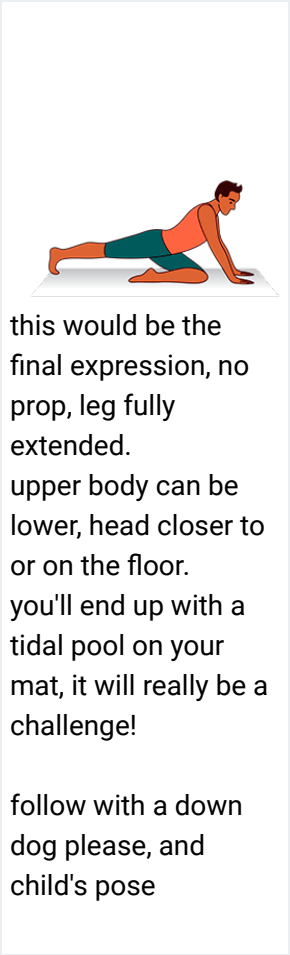
and support your head if it will allow you to stay in the pose longer

3-8 minutes

life changer



variation

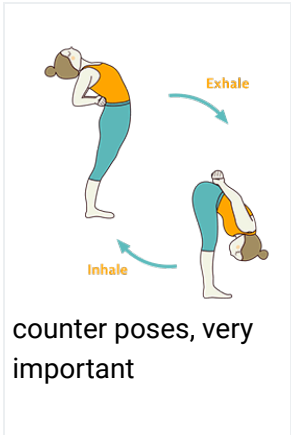


this would be the final expression, no prop, leg fully extended. upper body can be lower, head closer to or on the floor. you'll end up with a tidal pool on your mat, it will really be a challenge!

follow with a down dog please, and child's pose



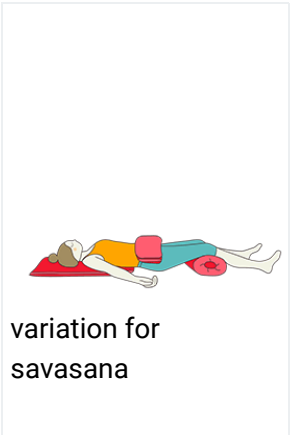
Standing pigeon at a table is also a terrific releasing pose very deep ... be careful from here you can bow and stretch across the leg



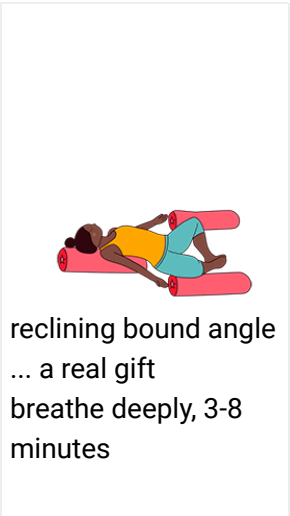
counter poses, very important



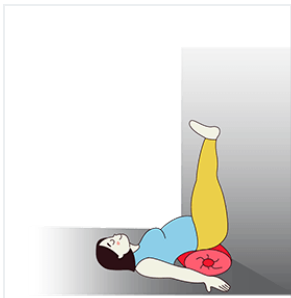
other options



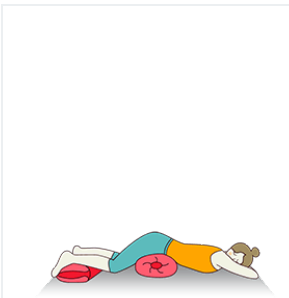
variation for savasana



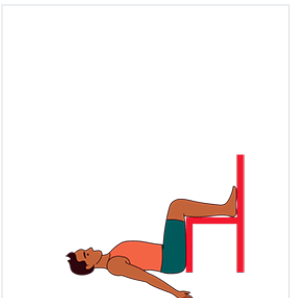
reclining bound angle ... a real gift breathe deeply, 3-8 minutes



another variation



relieves tension in the spine ... opens the front body



and this would be your final pose

let go, soften, breathe gently