

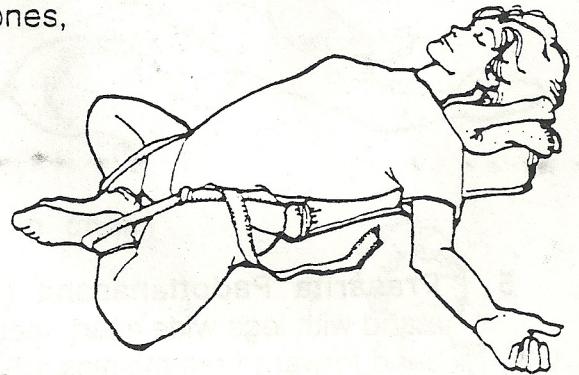
# TEN POSTURES TO QUIETEN AND CALM BODY AND MIND

Hold all postures (except # 7) from three to five minutes, breathing softly and evenly through both nostrils.

Focus mind on body and breath, bringing it back to the breath whenever it wanders off.

## 1. Supta Baddha Konasana

lie on back with buttocks against bolster, place blanket under head bring soles of the feet together, separate knees, (optional) tie a belt and place it around hip bones, between knees, and over outer edge of feet.



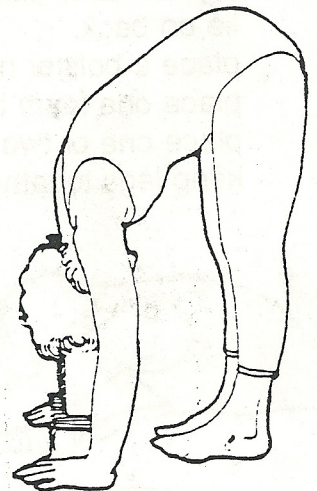
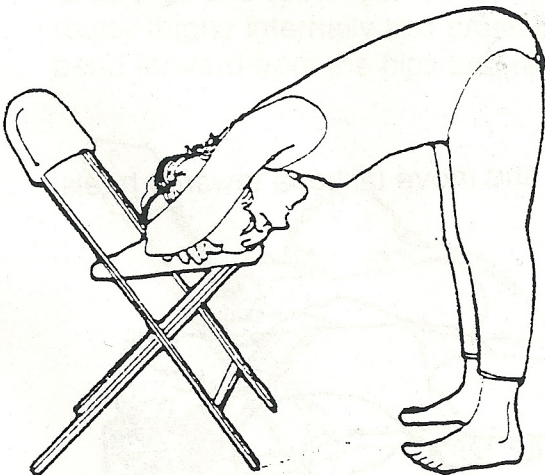
## 2. Virasana (forward bend)

kneeling with legs apart, bend forward, rest head on floor, blanket or bolster.



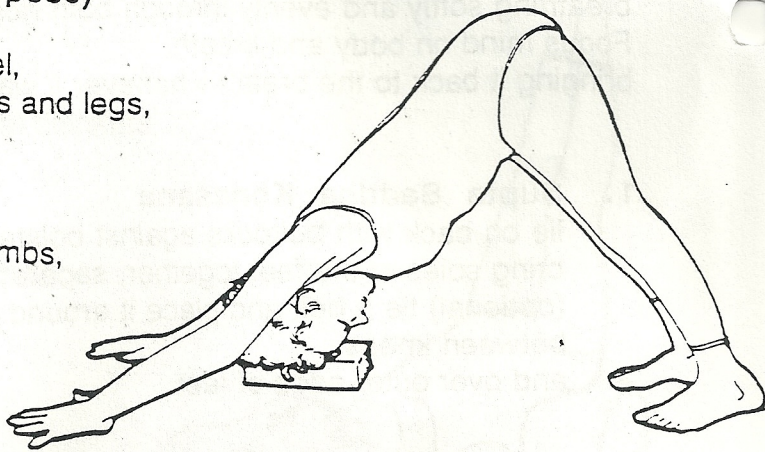
## 3. Uttanasana (standing forward bend)

stand with feet slightly apart, legs straight, bend forward from the hips and rest head on a chair or brick.



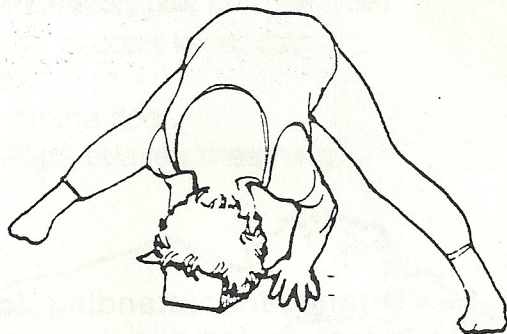
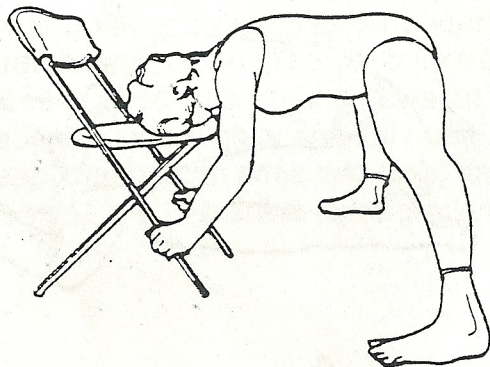
4. **Adho Mukha Svanasana (dog pose)**

kneel down, place hands on floor,  
palms down, middle fingers parallel,  
lift knees off floor, straightening arms and legs,  
raise buttocks to ceiling.  
Rest head on bolster or brick;  
adjust weight  
so it is evenly balanced on all four limbs,  
keep knees and elbows firm.



5. **Prasarita Padottanasana (standing forward bend)**

stand with legs wide apart, feet parallel, knees straight,  
bend forward from the hips,  
resting head on chair, brick or floor (depending on flexibility)



6. **Backbend over bolster**

(a) for stiff people or those with bad backs

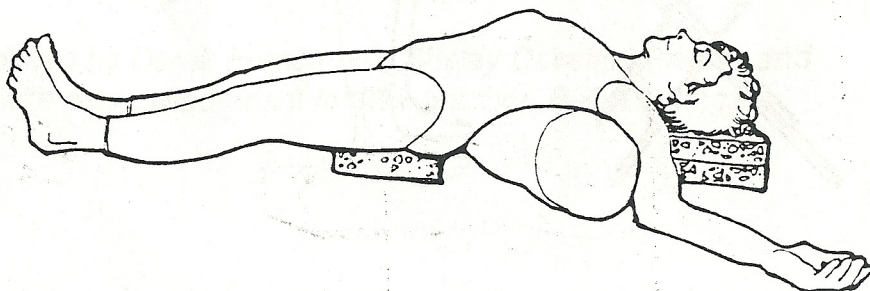
lie on back.

place a bolster horizontally across back

place one foam block under buttocks

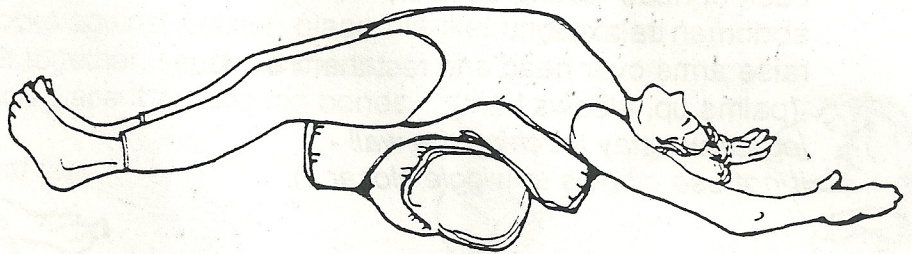
place one or two foam blocks under head

keep legs together, rotate them internally, and move tailbone towards heels



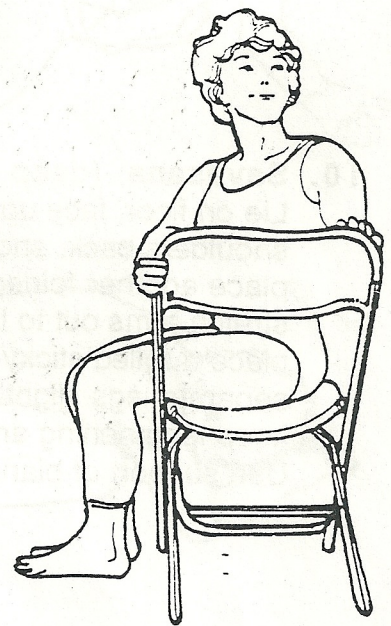
6. (b) **criss-cross bolsters**

place one bolster horizontally, and another vertically on top of it; lie lengthways on top bolster, pelvis and back supported, back of head resting on floor, arms over the head, resting on floor and relaxing  
*if back is not comfortable, slide up and down until you find a restful position.*



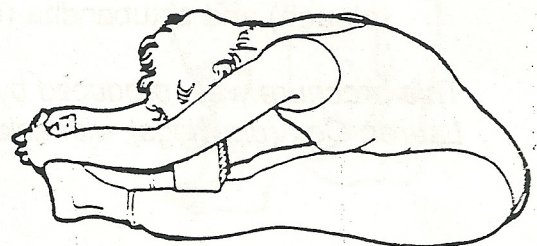
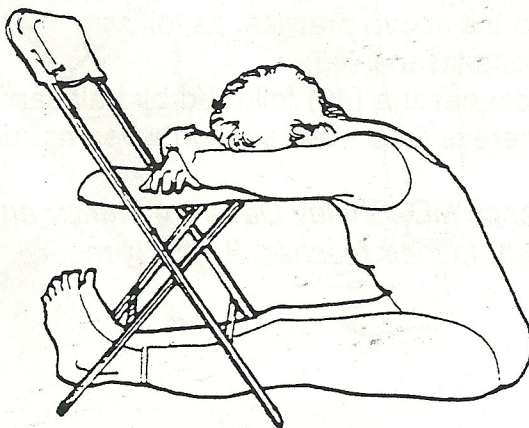
7. **Bharadvajrasana (simple twist sitting in chair)**

Sit sideways on seat of chair, feet and legs together, When turning to right:  
- place right hand flat against outside edge of back of chair, grip inside edge of back of chair with left hand. Breathe, lengthen spine and turn. Repeat turning to the left side.  
*(do this pose three times on each side, holding for three or four breaths)*



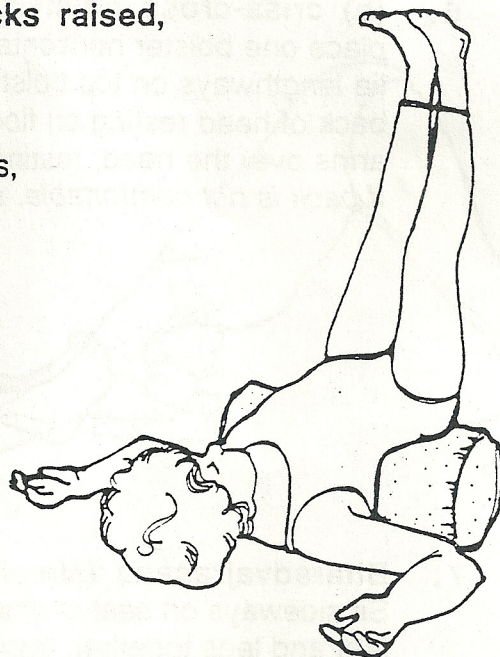
8. **Paschimottanasana (seated forward bend)**

Sit on floor, legs stretching out in front of you, keep legs and feet together, rotate thighs internally and press out through inner heels, bend forward from the hips and rest head on chair or brick.



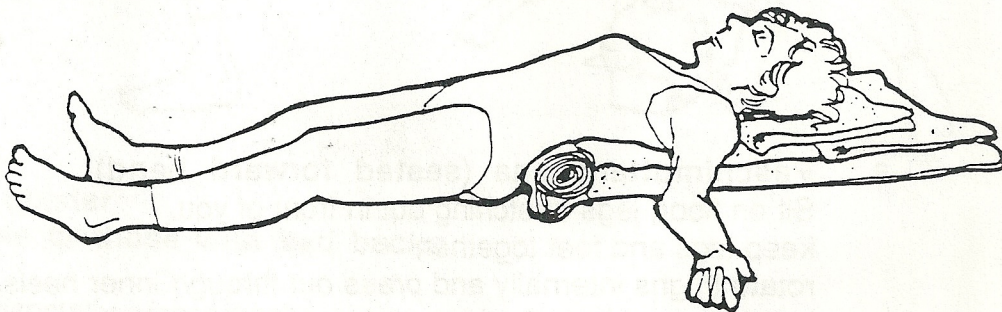
9. **Viparita Karani (legs against wall, buttocks raised, pelvis resting on bolster)**

lie on floor with legs against wall,  
raise pelvis and  
support buttocks on a bolster or several blankets,  
chest opening,  
back of head resting on floor,  
abdomen relaxed;  
raise arms over head and rest them on floor  
(palms up, elbows bent)  
*legs must stay touching the wall -  
if not use elbows to wiggle closer in.*



10. **Savasana (deep relaxation)**

Lie on floor, face up,  
shoulders back, shoulderblades resting on one or two folded blankets;  
place another folded blanket under head,  
stretch arms out to the side, backs of arms and hands resting on floor;  
place a rolled sticky mat or towel at top of buttocks (to support lower back);  
separate legs slightly and roll them out from the hips;  
keep lengthening arms and legs, and let them rest on the floor.  
Use support of blanket to help open chest and facilitate relaxed breathing.



**NOTE:** Students already familiar with sirsasana (headstand) and sarvangasana (shoulderstand), may add these postures to the above practice, as follows:

- (a) practise sirsasana after pasarita padottanasana (#5),
- (b) practise sarvangasana after paschimottanasana (#8) followed by halasana (plough) and setubandha (bridge) if there is time - use support when needed.

*This brochure was produced by Derek French MD, Shirley Daventry French and Lauren Cox (drawings) with acknowledgment to their teacher, B.K.S. Iyengar.*