

## Easy Seat (Cross-Leg Seated)

Seated 1

Props Needed:

- 1 bolster (may need 2nd bolster for added height)
- 1 blanket
- 2 blocks

Walk In Pose:

- Place bolster behind you, across mat
- Sit up on bolster
- Unfold blanket 1x, placing in front of you to rest ankles on
- Foam blocks under knees for support

Massage Access:

- Upper traps
- Upper arms
- Neck

Walk Out:

- Remove blocks off to the side
- Remove blanket
- Extend legs straight out, give them a shake

Variations/Contraindications

- Rounded back/not sitting up straight - add bolster and/or blanket
- Straighten 1 or both leg if knees bothered - support knees with blocks
- Safe for pregnancy

## Supported Child's Pose

Prone 2

Stretches hip, thighs, low back

Good to place between Prone 1 & Sidelying

Props Needed:

- 2 bolsters
- 2 blankets

Walk In Pose:

- Stack 2 bolsters & place on mat vertically in front of you
- Unfold blanket 1x, placing under knees
- Overlap bolsters onto blanket, moving them to you
- Unfold remaining blanket 1x; roll into a snake; place at back of knees
- Place knees on either side of bolsters
- Send hips back to heels, laying torso on bolster
- One cheek down; hands down at side, or hug bolster

Massage Access:

- Good back access
- If supported, quads
- If supported, compression to iliac crest

Walk Out:

- Remove blanket behind knees to side
- Move bolsters to side
- Come down to hands & knees
- Sway hips side to side
- Cat/cow

Variations/Contraindications:

- If hips aren't to heels, may need additional height - blanket or bolster
- For knee issues, stack blocks between bolsters for additional height to keep knees at 90 degree bend
- Safe for pregnancy - make sure belly is supported by bolster/blanket
- Create ramp, leaning forward

## Side-Lying (Supported Side Bend)

Sidelying 1

Lengthens abs, intercostals, lats, hips, thighs

Props Needed:

- All props needed

Walk In Pose:

- Bolster horizontal across mat
- 1 block 4-6" in front of bolster on lowest setting, other at top of mat
- Unfold blanket 1x, placing under knees below bolster
- Place other blanket on lowest foam block
- Move remaining bolster to left side of body
- Bring right hip up to bolster
- Place bolster in between ankles & knees
- Lay side body across bolster on mat, resting head on blanket
- Bottom arm extends straight out, palm up, top arm reaches for block at top of mat

Massage Access:

- QL, Serratus Ant, Lats, Erectors
- TFL, IT Band, Peroneals
- Shoulder Girdle mvmt; Traction Scap/Iliac Crest

Switch Sides/Walk Out:

- Let go of block at top of mat, using that hand to press up to seated
- (Switch Sides) Send knees left, lowering body down to bolster, extend left arm straight, right reaching for block

Variations/Contraindications:

- Move top arm in front of you
- If bolster is too much, swap for folded blanket
- Lean back, more stretch; lean forward, less stretch
- Pregnancy variation - blanket to support belly; bolster to rest head on, other bolster for leg

## Supported Twist

Supine 1

Stretches back & glutes; helps lengthen, relax & align spine

Great for arm/hand work

Props Needed:

- 2 blankets
- 2 bolsters

Walk In Pose:

- Sitting in middle of mat, place each blanket towards back of mat on either side
- Bring bolsters up to front of mat
- Place one bolster to right side of mat
- Place other bolster between knees & ankles
- Lay back onto mat, aligning yourself so blankets are at shoulder level
- Keeping knees bent, bring them in to chest
- Arms are goalpost/cactus
- Keeping shoulders glued down, slowly lower knees to right to rest on bolster

Massage Access:

- If counting as 2 positions, work 'open' side
- If counting as 1 position, work at top of head bilaterally
- Pecs, biceps, forearms, hands
- Traction ASIS & shoulder

Switch Sides/Walk Out:

- (Switch) slowly bring legs back to center; move bolster to left side; slowly lower knees down to bolster
- Bring knees back to center; remove bolster between knees off to side
- Hug knees into chest, rocking from side to side; draw circles with knees, massaging low back

Variations/Contraindications:

- Extend arms straight out or down at sides
- For more stretch/twist, remove bolster under knees
- Safe for pregnancy with variation
  - Build ramp - 2 blocks, 1 bolster behind you

## Supported Butterfly

Supine 3

Stretches groin & inner thigh, low back & pecs

Very relaxing - appears at end of sequence

Props Needed:

- 1 bolster
- 2 blankets
- 2 blocks

Walk In Pose:

- Sit on 1 blanket
- Place bolster vertically behind you with the edge right up to the low back
- Bend knees, placing feet in front of you
- Place blocks to either side of mat at knee level
- Place remaining blanket over lap
- Let knees fall towards ground, resting on blocks
- Place hands on bolster behind you, slowly lowering down

Massage Access:

- Focus on head & neck here

Walk Out:

- Bring hands down by sides
- Bring knees together, feet flat on floor
- Let knees go from side to side for a bit
- Press up to seated to remove all props
- Lay flat on mat, knees rock side to side
- Hug knees into chest, rocking side to side

Variations/Contraindications:

- Move bolster back 4-5 inches if low back issues
- Knees can be up, out or knocked in
- Legs can be extended with bolster under knees
- Safe for pregnancy with variation
  - Build ramp with 2 blocks & bolster

## Savasana (Final Relaxation)

Supine 4

Appears at end of every class for at least 5 min

Allow mind & body to fully relax, soak up previous positions; positional release for low back

Props Needed:

- 2 blankets
- Bolster

Walk In Pose:

- Fold 1 blanket 1x, placing behind you for your head
- Slide bolster under knees
- Lower down, resting head on blanket like a pillow
- Other blanket can go across stomach, or be covering you
- Arms out, along side, or rest on belly

Massage Access:

- Let them lay quietly or
- Light 'goodbye' touch to forehead or
- Full round of Mtx - focus on feet for grounding

Walk Out:

- Wiggle fingers & toes
- Roll head from side to side
- Reach arms overhead, extending legs for a stretch
- Bring knees into chest, rocking side to side
- Roll to 1 side, head resting on arm for a few breaths
- Press up to seated position on blanket or bolster
- Keep eyes closed for a few breaths
- One hand on heart, one on stomach, noticing breath & how you feel now vs start of class
- Conclude class - thank them; leave all props; enjoy your day!

Variations/Contraindications:

- Safe for pregnancy with variation
  - Build ramp or transition to side-lying

## Supported Squat

Seated 2

Stretches thigh, groin & hips

Appears in beginning after Easy Seat

Props Needed:

- 2 bolsters
- 2 blankets

Walk In Pose:

- Stand up
- Stack bolsters vertically on mat
- Stack both blankets on top of the bolsters
- Stand at the top of the mat, with feet on either side of the bolsters
- Point toes out 45 degrees
- Slowly sit down in the center of the bolsters
- Adjust your feet so the knees are comfortable
- Sit up tall, stacking shoulders above hips, avoiding arching the low back.
- Relax shoulders away from ears; rest hands on legs

Massage Access:

- Upper traps, rhomb, neck, upper arms, calves. One of the best positions to access upper traps.

Walk Out:

- Place hands on knees or bolster
- Press up to standing
- Place hands on hips
- Do some gentle hip circles

Variations/Contraindications:

- If arching back, or having trouble sitting up tall, try adding some height - fold blankets more, add props from instructor set
- Hips & knees can be level if squat is uncomfortable on hips - add height, or take feet wider
- Watch language - always reference foot position
- Safe for pregnancy

## Wide Legged Forward Fold

Seated 3

Stretches hamstrings, calves, spine, pelvis & groin

One of only positions allowing access to top of thighs

Props Needed:

- 2 bolsters
- 2 blankets
- 2 blocks

Walk In Pose:

- Sit on 1 bolster (or elevator) in center of mat
- Add 1 blanket if more height is needed
- Unfold other blanket 2x and place in front of you
- Take feet wide, placing heels on blanket
- It's ok if knees are bent - they can be supported with blocks
- Take bolster & place it upright in front of you
- Start to lean forward, hugging the bolster & placing chin on bolster, or rotating head to place one cheek on bolster
- Can place extra blanket across lap for more support, if wanted

Massage Access:

- Knead ESG, rhomb, trap; Traction iliac crest & medial scap; Access to quads & tib anterior if knees supported

Walk Out:

- Remove the bolster, and blocks from under knees if using
- Bring hands behind you and feet closer together
- Shake out legs, bend knees, take knees from side to side

Variations/Contraindications:

- If doesn't feel good on low back, try adding more height under seat
- Can also try turning knees out & feet in
- If these don't work, go back to Easy Seat
- Safe for pregnancy

## Supported Bridge

Supine 2

Positional release of low back, stretch of pecs & hip flexors, compression to SI joints  
Save for closer to end of class

Props Needed:

- 2 blankets

Walk In Pose:

- With 1 blanket, re-fold it back to starting position, then unfold 2x, then fold once from the short end
- Place this behind us for our upper back to rest on
- Take other blanket and fold it 1x, placing it behind the low back
- Slowly lower down over the blanket, so it's supporting the low back, with your head & upper back resting on the mat & blanket.
- Heels are under knees
- Arms in goal post position

Massage Access:

- Access to pecs, biceps, forearm flexors & extensors, hands; if feet planted on ground, can access calves
- No mtx to quads or neck (no additional pressure to sacrum or neck)

Walk Out:

- Place feet on mat, with heels under knees
- Press down through feet to lift the hips, removing the blanket under low back
- Take a few deep breaths
- Let knees go from side to side. Bring knees into chest and rock side to side or draw circles with knees
- To come back to seated, roll to one side. Press up to seated.

Variations/Contraindications:

- Ensure blanket is only under upper back, not neck to ensure neck flexion, allowing posterior neck to relax more.
- Knees can knock in; Extend one leg or both; Legs straight up in air.
- **NOT** for pregnancy

## Prone Position

Prone 1

Creates positional release for lower & upper back  
Only position allowing access to back of legs; simulates prone on massage table

Props Needed:

- 1 bolsters
- 2 blankets
- 1 block

Walk In Pose:

- Place bolster length-wise in front of you
- Unfold blanket 1x so it covers width of mat
- Unfold other blanket 1x & roll it at long edge, so it becomes a long snake
- Place it at back of the mat for top of feet to rest on
- Place block in front of bolster at top of mat on medium setting
- Walk hands to top of bolster, laying torso over bolster, placing chest at top of bolster, forehead on block.
- Extend legs behind you, placing feet on top of rolled blanket
- Place hands on mat, elbows bent. Widen elbows so shoulders relax away from ears.

Massage Access:

- Access to entire posterior of body. But, use for glutes, hamstrings, calves, feet - pick 1, maybe 2 to focus on.

Walk Out:

- Press hands into mat, slowly coming to hands & knees
- Sway side to side
- Alternate arching & rounding spine

Variations/Contraindications:

- If lots of breast tissue, move chest off bolster.
- If low back issues, add elevator/bolster under hips (creating ramp) or under other bolster for more height.
- **NOT** for pregnancy