

Week 7 of the Healthy Back Yoga series focuses on restorative yoga, relaxation and breathing. Use this handout as a reference for your home practice after learning how to perform the poses in the week 7 video.

make sure to modify this sequence to your abilities for a pain free practice



Prone Savasana (Relaxation)



Supported Child's Pose to the side



Restorative Child's Pose



Restorative 2 Knee Twist



Restorative Heart Opener



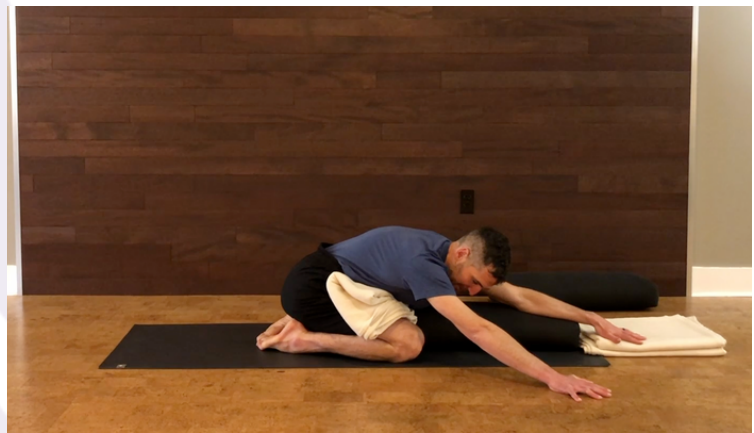
Restorative Reclined Butterfly Pose

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