

Restorative Stretches

ZEN CHEZ VOUS



Stretching, not only feels good it IS good!

It keeps our muscles flexible, strong, and healthy.

Stretching can decrease the risk of injuries, help relieve post workout soreness, improve posture, reduce stress/muscular tension and induce relaxation.

The following restorative poses are designed to help you fully rest and relax your body, mind and soul.

Scroll through to see which ones would benefit your areas of tension, grab your props and don't forget to breathe!

Thanks to Linda Marchand, our favourite Yogi, for providing us with these amazing beneficial stretches.

RECLINED BUTTERFLY



Open the chest, lungs, heart, abdomen, and pelvis.
Soles of feet together and low back supported by the bolster.
You may support knees as well.
Focus on your breath. Hold for 5 mins.

SUPPORTED FISH



Open the chest, shoulders, lungs, heart, abdomen, and neck.
Place block on lowest setting just beneath shoulder blades.
Focus on your breath. Hold for 5 mins.

SHOULDER STRETCH



While seated, place hand on elbow and pull arm across the body,
Turn head opposite way.
Focus on your breath. Hold for 5 mins.

NECK & UPPER TRAP STRETCH



While seated, place left hand behind the back and turn neck towards the right, place with angles.



While seated, place left hand underneath seat and tilt towards the right. Add right hand for deeper stretch.

Focus on your breath. Hold for 5 mins.

SUPPORTED BRIDGE



Improve digestion, stretch hips, quads and chest.

Lay on your back with your knees bent,

Lift your hips and place block on

lowest setting to support the sacrum.

Focus on your breath. Hold for 5 mins.

SEATED TWIST



Improve digestion, stretch low back, encourage spinal mobility.

Sit upright with one leg extended, the other crossing.

Reach your arm up and place it behind you.

Hook the other arm on your bent knee and gently twist.

Deep inhale, twist on the exhale.

SUPINE TWIST



Improve digestion, stretch low back, open chest.
Begin lying on side with spine in line, arms extended at
shoulder height & legs bent at 90 degrees.
Deep inhale, twist on the exhale.



RECLINED DEER POSE

Stretch for quads and hip flexers.
Begin seated and recline slowly.
Draw the back knee further behind
to increase stretch.

*Caution. Keep back knee on the ground

FROG POSE



Stretch hips, groin and inner thighs
Bend legs to 90 degrees - knees at the height of the hips.
Support belly and chest on a bolster or pillows.
Leave the hips & pelvis suspended to release to gravity.

QUAD STRETCH



Stretch quads & hip flexors.

Begin with both legs together. Hook strap around ankle.

Keep forehead/elbows down and relaxed.

A block under the quad will deepen stretch.

PIGEON POSE



Stretch glutes & outer hip (front leg) Stretch hip flexor (back leg)
Excellent for preventing sciatica flare-ups. *** Do not do when sciatica is present.

Stimulates internal organs; particularly kidneys.

Support head to allow for release without "sagging" in the spine.

*** Do not hold if there's pain in the front knee.

HAMSTRING STRETCH



Stretch hamstrings, calves & low back.

Support under the buttock of the extended leg to bring both hips to the same height.

Hook strap at the ball mound of the foot and bring the spine erect.

Maintain the length of the spine as you hinge at the hips.

Avoid rounding the low back or letting the head "hang" off the spine.

Deeper flexion of the foot will increase the stretch of the calf.

RESTORATIVE BUTTERFLY POSE



Induce deep relaxation and calm the central nervous system.

Use a block or pillows between the soles of the feet to fully support the forehead.

Round the spine and relax the legs & arms completely.

Chin to chest to gently close the throat.

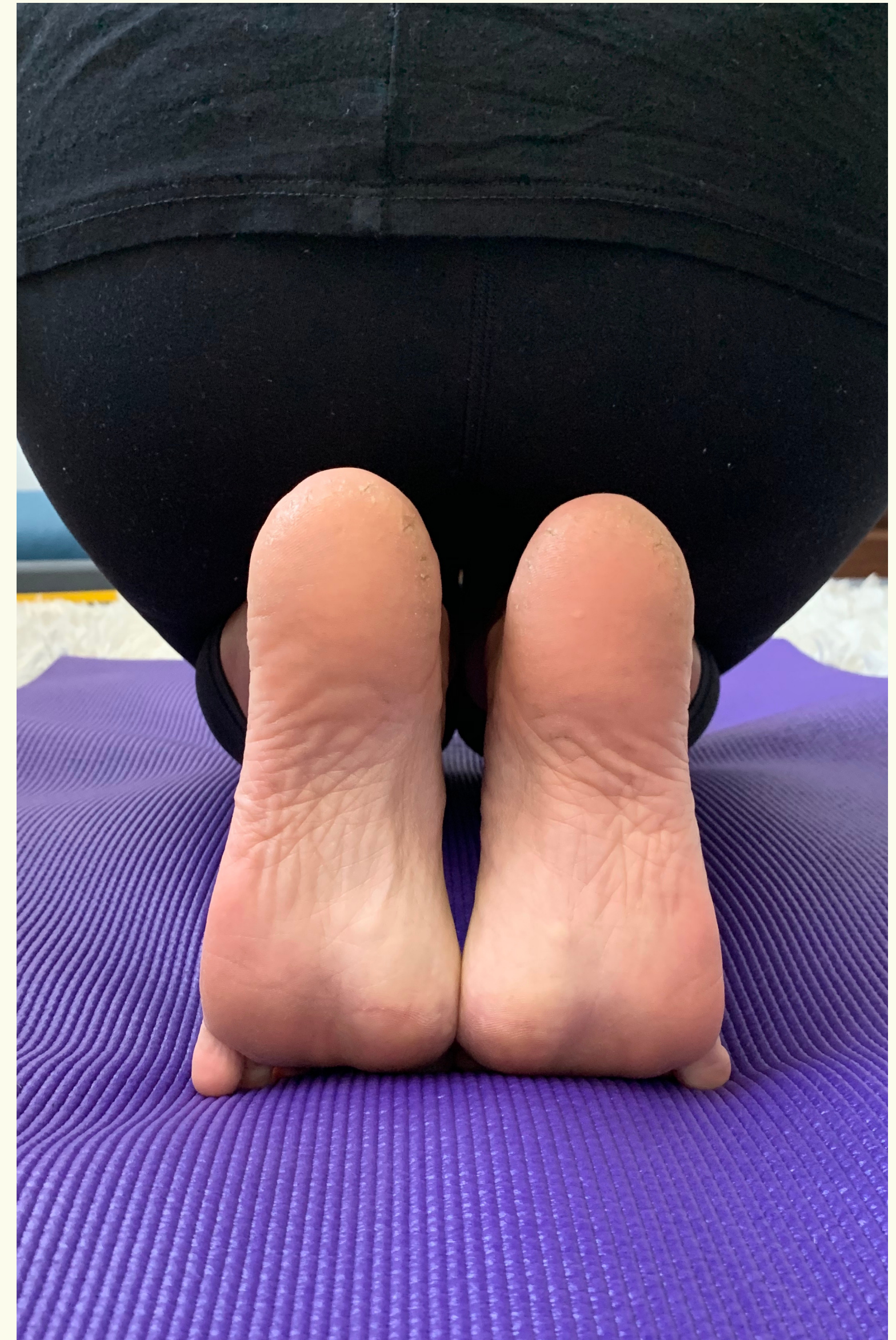
Breath deeply in & out through the nose - exhales 2 X as long as your inhales

FOOT STRETCH

(BOTTOM)



Opens the back of the body
(calves, hamstrings, buttocks, low back).
Stimulates the acupressure points
associated with the internal organs.



FOOT STRETCH

(TOP)



Stretch an area that we often forget about!
Keep heels together throughout the stretch.
Ease yourself back slowly until your knees lift off the ground.

HAND STRETCH



Also, another important area we may forget to stretch.

- keep your knuckles together in the first stretch
- careful not to hyperextend your elbows in the second.