

FIBROMYALGIA LONDON GROUP RESTORATIVE YOGA WITH ANDREA

For those of you planning to join me for the Restorative Yoga I thought it might be helpful to include a list of what props you will need along with some pictures of some of the postures you should expect to see in the session. Hopefully this will help you be better prepared for the session.

For the class, please have with you the following items:

1. An exercise mat
2. Blankets (2 if possible)
3. Pillows / cushions (2 if possible)
4. A strap, belt, or scarf
5. Yoga bolster (optional)



Restorative yoga involves holding the postures a bit longer than normal and using props to support our body. In a Restorative yoga class, you are likely to see:

1. **SUPPORTED SEATED POSTURES** – sitting on a blanket or pillow, sitting up against a wall, sitting with pillows under your knees as not everyone can sit cross legged as seen in the pictures below:

Supported Sitting Posture with Blanket:



Supported Sitting Posture Up Against a Wall and Knees Supported by Pillows:



2. **SUPPORTED CHILD'S POSE** – a blanket under your knees and a pillow in between your legs, or for further support your body a yoga bolster (or rolled up blanket) under your upper body as seen in the pictures below:

Supported Child's Pose:



Fully Supported Child's Pose:



3. **SUPPORTED SHOULDER STRETCH** – using a strap, scarf, or belt to assist with shoulder stretches such as the one demonstrated in the picture below:



4. **SUPPORTED LAYING DOWN MEDITATION POSTURES** – using either a yoga bolster or rolled up blanket to support your spine and pillows to support your head. The demonstrated posture below allows for improved posture as well as allows for a gentle shoulder stretch. It's worth having a play with this before the class, if possible, to find how best to place your props so you can find what is comfortable for you.



Please note that for this session you will need to have the ability to freely move from a laying down position on the floor to standing and back down again unassisted.

If you have any questions about the class, please feel free to contact me at pearson.am@gmail.com or call me on 514-288-7128.