

Constructive Rest



- Try a folded blanket, towel or pillow beneath your head
- Palms up or face down: you choose
- Take a few sighing breaths in through nose, out through mouth

‘Sometimes I call this practice the middle way between comfort and challenge.

From challenge can come change; from comfort there can be ease.’

Norman Blair, Yin Yoga teacher and author.

Variation 1: Back Release



- Hands beside you or on upper body
- Try a rolled up towel, blanket or mat beneath shoulder blades
- Choose level of stretch right for you
- Stay for 2 to 3 minutes, if comfortable

Variation 2: Shoulder Release



- Raise your arms to a comfortable position
- Start with a few breaths
- Try a rolled blanket, towel or mat to ease the stretch

Tips

- See Top Tips for items you can use to support your body when practising yoga
- If your mind is busy, try to count exhaled breaths from 1 to 10

Cautions

- Avoid Back Release or Shoulder Release if you feel any pinching or discomfort, or if you have a serious injury

**For help with your meditation and yoga, write to The PPT:
P.O. Box 328, Oxford, OX2 7HF**