



yoga BUILDER

Name: **Cool down**

Description:

Difficulty: **Easy**

1

Wind Relieving Pose*Warm up, Active, Restorative***Start Position:**

Reclined

Description:

From Corpse Pose begin to engage mula bandha and feel your abdominals pull in and down. One at a time bring your knees into your chest and loosely wrap your arms around them. Laying both shoulder blades into the mat, lengthen the back of your neck by gently tucking your chin into your chest. Relax everywhere and hold for several deep breaths. If you are feeling up to it, rock an inch to the right and an inch to the left, massaging your lower back with the mat. If you are performing this as a counter pose to a back bend, lift your head and neck and tuck it into your chest. Just like an armadillo.

Benefits:

Aids digestion, releases lower back, calming

Contraindication(s):

Hernia

Footnotes:*Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 190*

1



2

Constructive Rest Pose*Restorative***Start Position:**

Reclined

Description:

From Corpse Pose. Begin to bend your knees and walk your feet in toward your sit bones. Plant the soles of your feet a little wider than hip width and lean the insides of your knees together. Take several luxurious breaths into the Buddha belly and feel your body surrender to this restorative pose.

Benefits:

Releases lower back, calming

Contraindication(s):

Back Injury

Footnotes:*Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 222*

1



3

Raised Knee to Chest Pose

Warm up, Active, Restorative

1

Start Position:

Reclined

Description:

Beginning from Corpse Pose, engage your core, bend your right knee and draw it into your chest. Gently lengthen out the back of the neck by tucking the chin into the chest. Interlace your fingers and squeeze into torso, if your knee has a healthy range of motion you may feel more comfortable moving you interlaced fingers down more toward your ankle area. On the exhale using the isolated strength of your biceps squish your calf into your thigh and your thigh into your torso. Hold this for a few moments, making sure to relax your neck and shoulders as it is easy for tension to sneak up. Hold this for several breaths using your exhales to draw the leg in a little deeper and then repeat on the left.

Benefits:

Aids digestion, stretches groin

Contraindication(s):

Back Injury, Neck Injury, Knee Injury

Footnotes:

Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 194



4

Knee Down Twist Pose

Warm up, Restorative

1

Start Position:

Reclined

Description:

Starting in Corpse Pose. Begin by bringing the inner edges of the feet together, bend the right knee and place the right foot just above or beside the left knee. Airplane the right arm out to shoulder height, placing the other hand on the outside of the bent knee and ever so slowly lower the right knee to the left side. Ensure that both shoulder blades remain planted into the mat. The knee doesn't have to touch the mat whatever is most comfortable for you. Gaze back at your outstretched arm and hold here for several breaths. Be sure to repeat on the opposite side.

Benefits:

Gently opens sacrum, releases tension in spine, calms nervous system, aids digestion

Contraindication(s):

Back Injury, Knee Injury, Shoulder Injury, Hip Injury

Footnotes:

Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 199



5

Corpse Pose

Warm up, Restorative

1

Start Position:

Reclined

Description:

Lay your body down on the mat with your legs fully extended and your feet about hip



Lay your body down on the mat with your legs fully extended and your feet about hip width apart. Let the feet flop open, your arms lie about 6-8 inches from each side, palms up. Allow your fingers to curl up in a natural manner. Slip one shoulder blade at a time a little further down your back, allowing for an open and lifted heart. Feel the back of your neck lengthen as you drop your chin slightly toward your chest. Calm the mind, close your eyes and relax.

Benefits:

Deep relaxation, opens heart, awakens soul

Contraindication(s):

Back Injury

Footnotes:

Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 224