

Relax, Recharge

Let go of tension with these restorative yoga poses.

Restorative yoga – a good practice during rest days, flares or as part of a post-workout recovery – is designed to release tension and recharge through a series of restful poses. “Restorative yoga is not about doing, it’s about undoing,” says Carol Krucoff, registered yoga teacher at Duke Integrative Medicine in Durham, North Carolina, and co-author of *Relax Into Yoga for Seniors* (New Harbinger Publications Inc., 2016). Poses help students become aware of the tension they’ve developed by guarding or compensating for a painful joint, and release it. Hold each pose 5 to 15 minutes; set a timer to avoid breaking your focus. —BRYAN D. VARGO

Supported Side Lying

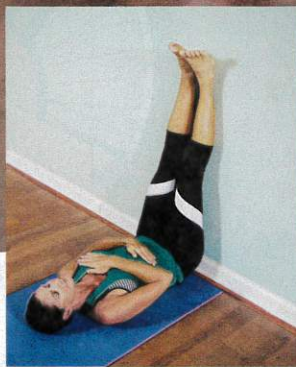
- Lie on your side with a yoga bolster or rolled blanket under your head.
- Place another support in front of your legs.
- Bend your top leg and place it on the support.
- Close your eyes, breathe and relax.
- Repeat on opposite side.

Start and end each session in the corpse pose, Krucoff says: Lie on your back, eyes closed, arms at sides, palms up, legs straight but relaxed (with support under knees if needed).



Supine Bound Angle

- Lie on back, eyes closed. Relax arms at sides, palms up, knees bent, feet on floor.
- Bring soles of feet together, relax and let knees open to sides (with props under knees).



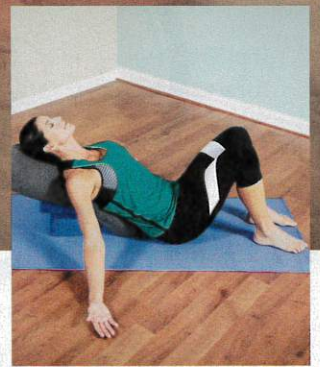
Legs Up the Wall

- Lie on back next to a wall or chair with knees bent and feet on floor.
- Turn toward wall or chair and extend one leg at a time up the wall or on to the seat of the chair with knees bent.
- Close your eyes and relax.



Supine Twist

- Lie on back, eyes closed, arms extended, palms up, knees bent, feet on the floor.
- Relax, slowly tilt knees to the right and turn head to the left. Place support under right leg if needed. Repeat on left side.



Supported Backbend

- Lie on a yoga bolster or rolled blanket (propped up with blocks), feet on floor and knees bent.
- Close your eyes, relax and extend arms, palms up, allowing shoulders and chest to open up.