

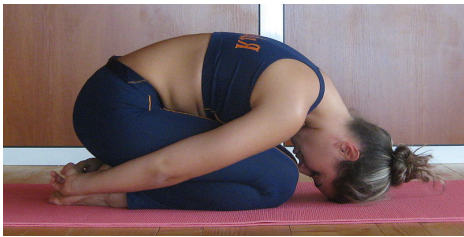
Coming Home Yoga for



Hold the poses for 5-8 breaths unless stated
(or longer if you want of course)

(Disclaimer at the last sheet)

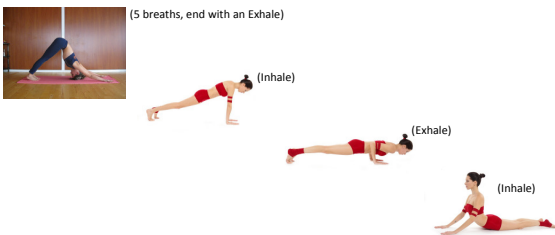
Balasana (Child Pose)



Cat / cow (5 times, slowly)



Downward dog – Plank – Chataranga – Cobra (2 or 3 times)



Plank – Thread in the needle left/right



Downward dog– Pigeon forward Left– Three legged downward dog Left –
Downward dog– Pigeon forward Right– Three legged downward dog Right



RORY EARNSHAW

CHRIS ANDRE

Child – Rabbit – Child – Camel - Child



Seated forward bend – Butterfly pose – Reclined butterfly



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Wind relieving pose (wrp)– Reclined twist Left -
Wrp– Reclined twist right -Wrp



YOGA

YOGA

Savasana
(5 minutes or longer)



You want more (information)?
Google or look at Youtube with the keyword
“restorative yoga” or “yinyoga”

Namasté

Crazy  Waiter