



Letting go to rest

- Techniques to help you rest
- Take time to find what helps
- Release back and shoulder tension

Cautions

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

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

“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



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



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

For help with your meditation and yoga, write to:

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