

# A pose for pain reduction:



**Supported child's pose (supported balasana):** Use two king sized pillows or two bolsters to support under your belly. Tuck the bottom pillow or bolster right at your low abs. Put a rolled blanket or towel behind your knees, and make sure that your elbows are resting on something. A blanket for your head is optional, but it is best if your head is aligned with your spine; ie. that your neck is relaxed in a neutral position. This pose is good to do in bed, especially when you wake and need to go back to sleep. An alternate pose can be done sideways if being on your knees is uncomfortable.

# A pose for energy:



**Supported chest opener:** Use a pillow, a blanket folded in thirds, or a bolster to support the length of your spine. Keep your sacrum on the floor. Keep your knees bent and your feet flat on the floor for the first few minutes, then you may extend your legs. Breathe slowly and gently.

