

Age Less Move More

Restore & Recharge Movement Sheet



Backbend Over Bolster Pose

Place your bolster or rolled-up blanket horizontal on your mat with a block pushed right up to the bolster.

Sit on the block and lie back over your bolster/rolled blanket your sacrum will rest on the block. Bring your arms overhead. Move your head and neck around and settle in. Breathe in and out or your heart restoring and recharging. Stay about 5 minutes.

When you are ready to come up roll off your bolster/rolled blanket and rest on your side. Use your hands to come up slowly.

Feel how good it feels to recharge!



Pigeon over bolster

Place your bolster or rolled-up blanket horizontal on your mat. Kneel in front of the bolster/rolled blanket and step your right foot in front of the bolster/rolled blanket.

Walk your back foot back until your right butt cheek rests on the bolster. Bring your left hip to rest on the bolster/rolled blanket and drop down to your elbows. Breathe in and out of your right butt cheek.

If you can come all the way down resting your forehead on the floor or make pillows with your fists to rest your forehead on.

Hold and breathe for 5 minutes if you can.

Come out by coming back up on to your hands and step your right leg back behind the bolster.

Kneel in front of the bolster/rolled blanket and step your left foot in front of the bolster/rolled blanket.

Walk your back foot back until your left butt cheek rests on the bolster. Bring your right hip to rest on the bolster/rolled blanket and drop down to your elbows. Breathe in and out of your left butt cheek.

If you can come all the way down resting your forehead on the floor or make pillows with your fists to rest your forehead on.

Hold and breathe for 5 minutes if you can.

Come up and sit on your bolster feeling the recharge!