



Style: VIN

Sequence Title: RECLINED SEQUENCE


Date: 28/07/2020

① Slug 5'


→ Blanket / towel on lower belly to massage deeper abdominal organs.
→ Support under sacrum / lower back.

② Reclined Shoelace 3'-5' each side.



Target area: outer hips.
→ Support under sacrum. The closer the knees to chest and feet to opposite hip, the deeper the stretch.

③ Reclined caterpillar 5'


← Belt threaded over balls of feet.
Target area: back of thighs.

④ Bananasana 5' + each side.

Target area: side of body.

⑤ Cat pulls tail 3'-5' each side.Target area: spinal twist.
Opposite hand and foot.⑥ Supported crocodile or savasana 3'-5'


← Bolster to support hips and torso.
← Brick for forehead



⚠ Times are indicative; if you are a beginner, start with 1'-3'.

⚠ Remember to spend some time (30"-1') after the poses for REBOUND