

# Let It Go Yoga

## 4 Restorative Poses for Relief from Pain



If you are experiencing hip or lower back or shoulder pain, give these gentle Restorative poses a try. Once you are set up in the pose, plan to stay for about 5 minutes in each pose. Close your eyes and use your deep diaphragmatic breathing. Practice letting go by focusing inward and encouraging your body to release and relax.

## Legs on a Chair



Lie on your back and place both legs bent on a chair so that your legs are at a 90 degree angle. Place a blanket (or towel) on the chair for extra height, if needed. Allow your arms to rest at shoulder height with the palms facing upward. Hold for 5 to 10 minutes.

**Benefits:** This pose will release the hips towards the floor and the corresponding muscles will begin to release and let go.

## Supine Groin Stretch



Lie on you back and place one leg bent over a chair, creating a 90 degree angle. The other leg is extended straight out with the foot flexed. Both legs are aligned with the hips and shoulders. Allow your arms to rest at shoulder height with the palms facing upward. Hold for 5 - 10 minutes for each leg.

Benefits: This pose will lengthen and loosen the muscles of the inner thigh.

## Supine Elbow Curls



Lie on your back and place both legs bent on a chair, so that your legs are at a 90 degree angle. (see the first pose) Place your hands in loose fists, like as if you are grasping an object. With your thumbs facing towards your shoulders, bring your hands along side of your ears with your elbows bent in line with your shoulders. Squeeze the elbows together- to touch in front of your face - and then back to the floor. Repeat 15- 30 times. Rest.

Benefits: Keeps the hinges of the shoulders flexible.

## Supine Arm Overhead Stretch



Lie on your back and place both legs bent on a chair, so that your legs are at a 90 degree angle. ( like in the first pose above) Place your hands firmly together above your chest, then extend the arms up and overhead, to the floor, or as far your flexibility allows. Keep the elbows straight. Repeat the motion 15- 30 times. Rest.

Benefits: Increases flexibility in the shoulders.

If you have any questions or concerns, e-mail or Facebook message us at [LetItGoYoga.com](http://LetItGoYoga.com). We are happy to help.

Sue Anne & Jim Parsons

