A FREE GIFT FROM JENN DICERNI · OTTAWA

Restorative yoga at home

Three fully supported poses, using pillows from your couch. Nothing to stretch, nothing to achieve. Let the cushions hold you, breathe slowly through your nose, and simply be.

You'll need: 3 to 4 couch cushions or pillows, 2 blankets, a sofa, a quiet corner **Total time:** 20 to 30 minutes



01

Supported child's pose

1. Kneel on a folded blanket with your knees wide and big toes touching.
2. Stack two or three cushions lengthwise between your knees.
3. Fold forward and rest your belly, chest and one cheek on the cushions. Let your arms soften by your sides.
4. Halfway through, turn your head the other way.

5 TO 8 MINUTES GROUNDING



02

Legs up on the couch

1. Lie on your back on the floor in front of the sofa.
2. Rest your calves on the seat cushion so your knees bend comfortably.
3. Slide a pillow under your head and, if you like, a folded blanket under your hips.
4. Rest your hands on your belly and feel it rise and fall.

5 TO 10 MINUTES CALMING



03

Supported reclining butterfly

1. Stack two cushions lengthwise behind you, with a pillow on top for your head.
2. Bring the soles of your feet together and let your knees fall open.
3. Lie back onto the cushions and tuck a pillow under each knee so nothing pulls.
4. Cover yourself with a blanket and close your eyes.

5 TO 10 MINUTES OPENING

Go gently. Nothing should hurt or strain. If something does, come out slowly and add more support. If you are pregnant, have an injury or recent surgery, or have any health concerns, please check with your doctor first. This guide is a gentle home practice, not medical advice.

Want Jenn to set it up for you?
Private Restorative Yoga in Ottawa, at home or in her space. 90 minutes, $100.
[website address]

Much love, Jenn