

4 Grounding Spring Restorative Yoga Poses

FROM WILLOW MARCOTTE, E-RYT 500, YACEP

Grounding restorative yoga poses help to create a sense of stability and connection with the earth, promoting relaxation and inner peace.

Props 3-4 Blocks, 1-2 Blankets & Bolster or Pillow

01 SUPPORTED FISH



02 SUPPORTED FISH WITH BOUND ANGLE



03 SUPPORTED CHILDS POSE



04 SAVASANA WITH BOLSTER



STAY IN TOUCH

