

...A courtesy practice written by Ginger Garner MPT, ATC...an imprint of Elemental Renewal & Living Well, Inc.

A GLOSSARY OF TERMS:

PROFESSIONAL YOGA THERAPY & PROFESSIONAL YOGA THERAPIST™ – A therapist who has completed or is currently completing the PYT™ (Professional Yoga Therapy™) program with Ginger. Find a PYT™ (Professional Yoga Therapy™) at <http://proyogatherapy.com/find%20a%20therapist.html>.

TWO TIER APPROACH – This is a PYT™ (Professional Yoga Therapy™) blanket folding technique for hamstring preservation used in seated postures (*asana*). Two blankets are used, folded in quarters and then halved and stacked in an offset fashion.

THREE TIER APPROACH (SHOWN WITH BLOCK) – This is a PYT™ specific blanket folding technique used in all types of postures, but mainly in **SRA's**. Two blankets are used, folded in a trifold and then halved and stacked in a vertically offset fashion to create a “three tier” look. This approach can be used in both prone and supine postures as in **PRONE THREE TIER APPROACH** or the **SUPINE THREE TIER APPROACH**.



Two Tier Approach



Three Tier Approach (with block)

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Reclined Cobbler's Pose

Supta baddha konasana (soop-tah bah-duh kuh-nah-suhn)

Intention

1. Restorative
2. Decrease stress induced high blood pressure
3. Relaxation
4. Renewal
5. Improve hip mobility and flexibility
6. Diminish low back pain
7. Increase spinal range of motion
8. Improve posture and spinal alignment
9. Chest flexibility (pectoralis)
10. Improve shoulder mobility and flexibility

Props needed – 1-2 blocks, 1-2 blankets

Action

Entry – Fold 2 blankets or use 2 blocks for use under the knees. Lying on your mat, with or without supporting blankets under the spine (see photos). Bring the soles of the feet together and allow the knees to rest out to the side. Place the blanket and/or block under each knee, supporting it near the hip joint. Remain here for as long as is beneficial.

Exit – Help the legs together and remove the blocks to the left side. Roll to the right side using safe transfer techniques and remain here for several breaths before returning to seated.

Alignment

Spine – Always support the spine with blankets when needed.

Upper extremities – They can rest at 45 degree angles out from the sides with palms upturned, or they can rest above or hands clasped behind the head.

Lower extremities – Always support the legs with props, unless the knees can both completely rest on the floor.

Tips

1. Support the spine in an inclined position, even against a wall for extra support.
2. Support the hips with extra blankets on top of the blocks under the knees.
3. Remain in the posture for a shorter amount of time.
4. Practice reclined supported tree pose instead.
5. Place a graded fold of blankets under the trunk if there is existing back pain, in order to put the spine on a gentle incline.
6. In addition, sometimes a small blanket roll under the low back and under the shoulders, neck, and head helps.



Reclined supported cobbler's; top – THREE TIER APPROACH with bolsters; second from top – neck retraction with bolsters; second from bottom – neck retraction with supported neck curves with bolsters; bottom – mid-spine opener with blocks under knees (TRIFOLD) blanket

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7. (SEE LAST PHOTO) MID SPINE RESTORATIVE OPENER: Place a blanket under the thoracic supine (at the scapulae and above the lumbosacral junction) for an active thoracic spine opener.
8. (TOP TWO PHOTOS) RESTORATIVE WITHOUT THORACIC OPENING: If the thoracic spine opener version is too intense, place blankets under the head, neck, and upper spine for support without opening.
9. As the hip joint opens and relaxes, move the supporting prop closer to the knee to allow for more opening of the hip.
10. For shoulder and chest opening, place the arms above the head or clasp the hands behind the head for those with restricted shoulders.

WARNINGS – None, except this pose can only be performed in a three tier approach after the second trimester in pregnancy or if you have acid reflux, asthma, COPD, allergies, or difficulty with breathing with lying flat on the back.