

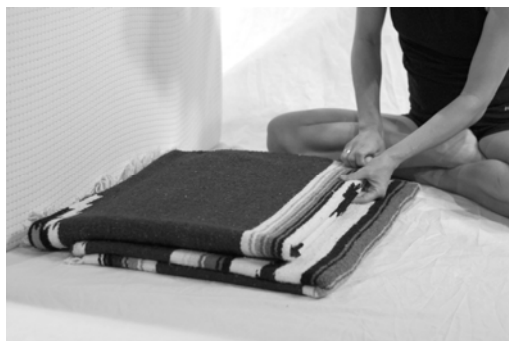
...A courtesy practice written by Ginger Garner MPT, ATC...an imprint of Elemental Renewal & Living Well, Inc.

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 Supported Tree Pose
Supta salamba vrkasana (sop-tuh sah-lahm-buh vrick-shah-suhn)

Intention

1. Restorative pose
2. Decrease stress induced high blood pressure
3. Hip range of motion
4. Hip flexor flexibility (psoas group)
5. Renewing
6. Relaxation
7. Release
8. Respiration
9. Decrease low back pain
10. Improve posture

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

Action

Entry – Bend the right knee and sit the foot flat on the floor. Bring 1 of the blocks to support the right leg as you allow the leg to rest into

abduction. To progress, repeat the process bilaterally. Remain here as long as is beneficial. Restorative postures such as this one are usually held for an extended time (5-10 minutes for example).

Exit – Transition out of this pose by helping the legs up to hook lying and then rolling to the side and returning to seated meditation to notice any changes.



Reclined supported tree; top – THREE TIER APPROACH with blocks; middle – mid spine opener with block supported under knee; bottom – mid spine opener with cushioned/blanketed block under knee

Alignment

Spine – Maintain good posture without allowing chin to raise or jut up toward the sky

Lower extremities - The legs should be supported at all times with blocks or blankets. Do not allow the knee drop to torque or twist the spine in any way.

Tips

1. The pose should be comfortable.
2. This pose helps prepare you to do standing tree pose.
3. When using three tier approach, place the blankets up against the wall for more support..
4. Support the hips with extra blankets on top of the blocks under the knees.
5. Remain in the posture for a shorter amount of time if it is too difficult.
6. Add additional blankets over the top of the supporting block, especially for those with fibromyalgia or joint tenderness.
7. Put the entire pose on an incline for those with respiratory difficulties or pregnancy.
8. Practice with only one leg opening to the side at a time.

OTHER OPTIONS:

9. Practice the pose with 1-2 lengthwise bi folded blankets placed perpendicular to the body, under the length of the trunk.
10. Add a blanket under the head and neck if thoracic kyphosis creates cervical extension and mal-alignment of the plumb line.
11. See photographs above.
12. You should be completely comfortable without any pain in this pose. Continue to modify the pose or schedule a session with me or your local certified Professional Yoga Therapist (see <http://proyogatherapy.com/find%20a%20therapist.html> to find a therapist who has studied with me) to find a pain free posture.

WARNINGS: Perform only with three tier approach if you have COPD, asthma, allergies, or are pregnant.

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