

# Relaxation Pose

This pose (as well as being great for back pain and digestive issues) is deeply relaxing.

We have turned to this pose many times in our own lives when feeling stressed or overwhelmed.

Combined with slow, deep breathing, it will calm your nervous system and tap into your "rest and digest response" - encouraging the body to heal and repair.

Assume this pose daily if feeling tired, stressed or anxious.

## Pose

Legs up the  
Wall Pose

## Image



## Reps

**5 - 15 mins**

## Directions:

1. Use a folded towel or blanket to place underneath your lower back
2. Slowly relax the length of your spine as you bring both legs up the wall (it's ok to bend the knees slightly if you need to - until you can straighten your legs eventually when you are able to)
3. Open up your arms to the sides, palms facing upwards, fingers relaxed
4. Breathe deeply and focus on total body relaxation for up to 15 minutes

*Please remember!*

This is a "passive" pose. It is not a "working" exercise and should not be forced. You may need to work up to 15 minutes slowly.

Always perform our Relaxation Poses at a quiet time where you can be alone and truly relax.