


ReStore

Kristen Porter

• 30 mins

2m




1. Corpse Pose

4m




2. Reverse Pigeon Pose
2 min ea side

3m




3. Bridge Pose Variation Bolsters Under Sacrum

4m




4. Reclined Half Cow Face Pose
2 min ea side

3m




5. Reclining Bound Angle Pose

2m




6. Bow Pose Bolster Elbows On Floor

2m




7. Child Pose

3m



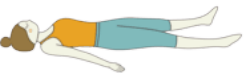
8. Constructive Rest Pose Back Bend With Bolster

3m




9. Legs up the Wall Pose

2m



10. Corpse Pose

2m



11. Easy Pose
Meditation using Anahatra Mudra