



# HEART CHAKRA

## Restorative Yoga Poses



### SUPPORTED FISH POSE

*Matsyasana*

Rest on back with prop underneath your shoulder blade area (folded bed pillow, rolled firm blanket, bolster & blocks, etc). Arms 45° out to the sides with palms facing upward. Tuck your tail, then relax your whole low back. Other options: prop under your knees, under your head, tucking your chin gently.



### RESTING HALF MOON

*Ardha Chandrasana*

Rest your head on a prop and your ribcage over props. Arms are overhead; or top arm relaxed bent over a prop. Bottom arm can also be placed straight in front of chest on the floor. Knees bent, or legs can be straight with top leg stacked on bottom leg.



### HEART HUG

Hug a soft folded blanket or other prop. Rest on your side with props under head and between knees. Hold this pose on the other side as well. Or rest on your back with props under knees or knees together in Constructive Rest Pose.

