

45-MINUTE COMPLETE BEGINNER FLOW

MOVEMENT GUIDE | BENEFITS | HISTORY | SPIRITUAL REFLECTION

FLOW 6 OF 6

Release & Restore

A practice of supported rest



inhale - exhale

Class map

A quiet, prop-supported sequence that reduces unnecessary effort and creates room for rest. The goal is comfort and attention, not a strong stretch.

INTENTION Rest is part of practice.

45-minute arc

SETTLE 5 min

MOBILISE 10

min

OPEN 10

min

SUPPORT 7 min

ELEVATE 8 min

REST 5 min

Props and setup

Mat, chair, folded blanket, two cushions or bolsters, two blocks.

ACCOMPANYING MUSIC

Open the matching private Spotify playlist. Start it as students settle; allow the final track to continue beneath Savasana.

Open playlist in Spotify

Teaching rhythm

Demonstrate first, cue one action at a time, and leave several breaths of silence. Repeat standing work on both sides. Move slowly enough that beginners can stop, look and rejoin without feeling behind.

Movement guide

Part 1 | simplified diagrams are orientation cues, not exact anatomical templates.

Constructive Rest

Lie on your back with knees bent, feet mat-width apart and arms relaxed. Let the knees rest toward one another.

WHY IT IS HERE

Offers a low-effort position for settling and sensing the breath.

BEGINNER OPTION

Support the head with a thin folded blanket.

Pelvic Tilts

From Constructive Rest, exhale to gently tip the pelvis and soften the low back toward the mat; inhale to release.

WHY IT IS HERE

Introduces small, controlled movement through the pelvis and lumbar spine.

BEGINNER OPTION

Make the movement tiny; do not press or strain.

Knees-to-Chest

Draw one knee, then the other, toward the torso. Hold behind the thighs or over the shins and keep shoulders soft.

WHY IT IS HERE

Gives a gentle sense of release through the back and hips.

BEGINNER OPTION

Hold one leg at a time if both feels compressed.

Windshield-Wiper Knees

With feet wider than hips, slowly lower both knees to one side, return through centre, then change sides.

WHY IT IS HERE

Explores comfortable hip rotation and easy spinal movement.

BEGINNER OPTION

Reduce the range and keep both shoulders heavy.

Movement guide

Part 2 | simplified diagrams are orientation cues, not exact anatomical templates.

Cat-Cow

Begin on hands and knees. Inhale to broaden the chest and tip the sitting bones back; exhale to round gently.

WHY IT IS HERE

Coordinates breath with spinal flexion and extension.

BEGINNER OPTION

Use fists, forearms or a chair if wrists are sensitive.

Thread the Needle

From Tabletop, slide one arm beneath the other and lower shoulder and head only as far as comfortable.

WHY IT IS HERE

Invites gentle rotation through the upper back and shoulder area.

BEGINNER OPTION

Keep the supporting hand down and avoid loading the neck.

Child's Pose

From hands and knees, ease hips toward heels and reach arms forward or rest them beside the body.

WHY IT IS HERE

Provides a quiet pause and a supported shape for back-body breathing.

BEGINNER OPTION

Place a cushion under the torso or stay in Tabletop.

Low Lunge

Step one foot forward between the hands and lower the back knee.

Bring hands to blocks or front thigh and lift the chest.

WHY IT IS HERE

Explores hip extension and upright balance with the back knee supported.

BEGINNER OPTION

Pad the back knee and shorten the stance.

Movement guide

Part 3 | simplified diagrams are orientation cues, not exact anatomical templates.

Supported Half Split

From Low Lunge, shift hips back and lengthen the front leg without locking the knee. Keep hands on blocks.

WHY IT IS HERE

Offers a gradual stretch along the back of the front leg.

BEGINNER OPTION

Keep the front knee bent and spine long.

Reclined Butterfly

Lie back, bring soles of feet together and support each outer thigh with a cushion or block.

WHY IT IS HERE

Encourages rest and spacious breathing with minimal muscular effort.

BEGINNER OPTION

Keep feet farther from the pelvis or knees bent upright.

Legs on a Chair

Lie down and rest lower legs on a chair so hips and knees are comfortable. Let arms fall open and soften the jaw.

WHY IT IS HERE

Offers supported rest without requiring the legs to be held up.

BEGINNER OPTION

Use a sofa or bolster and adjust distance from the support.

Reclined Twist

From the back, lower bent knees to one side and keep both shoulders relaxed. Return through centre before changing sides.

WHY IT IS HERE

Offers quiet rotational movement and a natural transition toward rest.

BEGINNER OPTION

Support the knees with cushions and reduce the range.

Movement guide

Part 4 | simplified diagrams are orientation cues, not exact anatomical templates.

Savasana

Lie in any comfortable resting position. Allow the breath to be natural and let effort gradually release.

WHY IT IS HERE

Creates time for stillness, integration and non-doing at the end of practice.

BEGINNER OPTION

Lie on one side, bend the knees or sit supported in a chair.

Context, meaning and integration

A SHORT HISTORY

NOTE

Modern restorative yoga is strongly associated with the prop-supported teaching innovations of B.K.S. Iyengar and later teachers who developed extended, accessible rest practices. It is a modern method informed by older yogic interests in inward attention and stillness.

SPIRITUAL THREAD Pratyahara is commonly described as a turning inward of the senses. It need not mean blocking the world out. Let sounds, sensations and thoughts be present without following each one.

Closing words

For a few breaths, release the task of improving yourself. Receive the support beneath you. Rest not as a reward for exhaustion, but as a natural part of being alive.

Responsible use

These materials are educational and are not medical advice. Benefits are phrased as practice aims, not treatment claims. Students should work within a pain-free range, keep breathing naturally and seek appropriate professional guidance for injuries, pregnancy, dizziness, balance disorders or other health concerns. A qualified teacher should review the sequence before using it with a group.

Cultural note

Yoga is a diverse family of South Asian traditions, not a single unchanging system. Sanskrit concepts are offered as invitations to study, not as decorative labels. Pronunciation, philosophy and history deserve continued learning from credible teachers and scholarship.

Selected further reading

Mallinson & Singleton, *Roots of Yoga* (2017); Mark Singleton, *Yoga Body* (2010); Edwin Bryant, *The Yoga Sutras of Patanjali* (2009); B.K.S. Iyengar, *Light on Yoga* (1966).