

Savasana: Variations and Options

In her book, *Yoga Myths*, Judith Hanson Lasater provides wonderful options for Savasana, making it more comfortable and accessible.

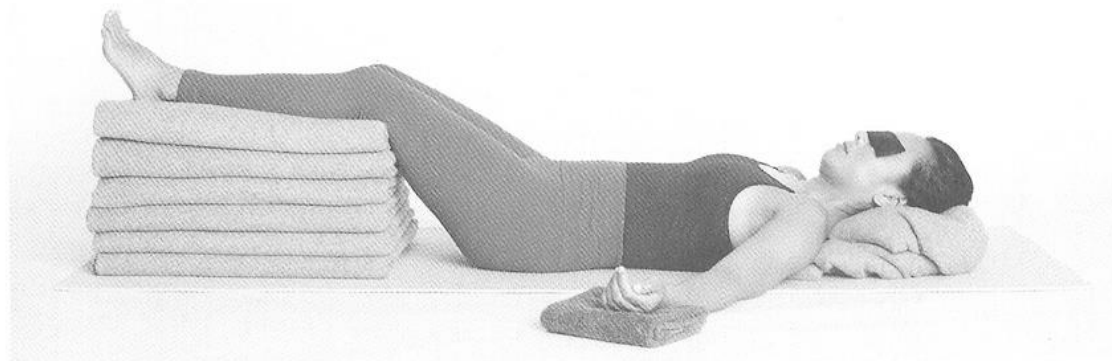
Side Lying: particularly helpful in pregnancy when lying on the back is not advisable



With props:



Legs Raised:



Without props:



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Other options:

If closing or covering the eyes feels uncomfortable or claustrophobic then keep the eyes open with a soft gaze – soften into your peripheral vision.

If you feel agitated, restless or experience any discomfort lying on your back, relax in a seated position instead. Use a wall behind you to lean on if possible and cushions/pillows to provide extra comfort. A pillow underneath the knees may also be helpful, and a pillow or cushion on the lap to rest the hands.

Points to consider:

You may wish to set a timer for your practice. Ideally you want to stay awake, but don't resist sleep if you are exhausted.

Set up your 'Rest Nest' and gather any props and blankets that you're using.

Ensure that the head isn't tilted back – if so, gently draw the chin towards the chest so that the chin and forehead are in line with one another. This may feel more comfortable with a folded blanket underneath the head.

If there is discomfort in the lower back, bend the knees and place the soles of the feet to the floor - resting in semi supine.

Allow the legs to rest a little wider than hip distance apart, with the feet gently flopped out to the side.

Arms resting away from the body, creating space at the armpits and the side of the chest/waist

Ensure the hands and feet are free from any gripping – palms and fingers soft, soles and toes soft.

Make sure that you're comfortable – spend as long as you need to adjust the body so that you can then rest in stillness for the rest of your practice.

Notice any thoughts or distractions that arise – acknowledge and welcome them, then release with gentle detachment.

Take time to notice the subtle movement of the body with the breath.

Release all effort – this is a time of 'non-doing', a space where you can become effortless, held by the earth beneath you.

Simply be...

When you have completed your time in relaxation, take time to adjust before you transition back into your day. If anything arose during relaxation such as insights, thoughts, ideas then explore this in your journal.