



Abounding Circles

Restorative Yoga Practice

to reduce stress & induce sleep.



Reclined Bound Angle Pose



Aids in digestion, fights fatigue, assists with breathing. Especially powerful for women during menstruation and menopause. Known as the "go to" pose to induce relaxation and ease.



Reclined Twist with Bolster



Stretches the intercostal muscles (between the ribs). Breathing is enhanced as muscles relax.



Child's Pose with Bolster



Gently stretches the lower back, relieves shoulder tension, and quiets the mind.



Legs Up the Chair



Reduces fatigue, reduces swelling in the legs and feet, soothes nerves and eases mental agitation.



Corpse/Relaxation Pose



Lowers blood pressure and heart rate, releases muscular tension, reduces fatigue, improves sleep, and enhances immune response.



Restful Yoga Nidra



Reduces stress & tension in the body which helps to prevent anxiety, depression, chronic pain & insomnia. Promotes deep rest & relaxation. Clears the mind for learning & absorbing new material. Helps with creativity.





Creating sacred spaces for women.



visit us at AboundingCircles.com