

# Yoga for Improving Vagal Tone

• 60 mins



A gentle restorative sequence for improving vagal tone.

10B Inhale-Exhale 5m



## 1. Bumble Bee Breath Bhramari Pranayama

Sit in an easy cross-legged position, straddling a bolster or with legs extended. Cover eyes with fingers & press thumbs in to your ears. Take a deep breath in & with lips softly pressed together & teeth apart make a humming sound as you exhale. Feel the vibration of the sound through your head. Repeat 5-10 times. Bring hands back to knees with eyes close & rest for a couple of breaths.

10B Inhale-Exhale



## 2. Cat Cow Pose

Bitilasana Marjaryasana

Coming to an all-fours position with your wrists under your shoulders & knees under hips (put a blanket under your knees & heels of hands if needed for comfort) Exhale arch the spine up to the sky, separating the shoulder blades, pressing in to the hands, tucking the tailbone under & engaging the abdominals to bring the tummy to the spine. Inhale extend from pubic bone to chin, lengthening the front of the body, releasing the tummy to the floor & lifting the

10B Inhale-Exhale



## 3. Cat Cow Child Pose Flow Bitilasana Marjaryasana Balasana Vinyasa

From all-fours position (building on the previous pose) Exhale arch the spine to the sky & ease the sitting bones back to your heels Inhale come back up to all-fours & extend from pubic bone to chin.

5B Inhale-Exhale



## 4. Low Lunge Pose Yoga Mudra Anjaneyasana Yoga Mudra

Step one foot forward & lunge forwards, keeping the knee above or behind the ankle. You can cushion the knee with a blanket if needed. Interlace the hands behind your back & gently lift them away from your buttocks to stretch the shoulders & the chest. Keeping the lower back long & in a natural curve gently lift & open the chest to the sky. Hold for 5 breaths. Release & change sides.

10B Inhale-Exhale



## 5. Cobra Dance Flow

From all-fours position, exhale back to child's pose with the arms above your head, Inhale, glide the chest forwards, rest on the tummy, press in to the tops of the feet & gently curl through the chest to lift the head. Exhale, engage your abdominal muscles to lift the body up to all-fours position, draw the tummy to the spine, release the head. Inhale back to all-fours & a neutral spine position. Repeat 5-10 times.

10B



## 6. Puppy Dog Pose Uttana Shishosana

From an all-fours position, keeping your hips over your knees walk the arms forwards to drop the forehead or chin to the floor. Activate through the pelvic floor muscles. Soften the chest towards to floor. Rest here for 5-10 breaths.

head to look to the horizon or the sky. NB if you have lower back instability or pain don't drop the tummy to the floor, keep the natural curve at the lower back & don't push. If you have neck pain then keep your gaze to the floor & lengthen the back of the neck.

10B Inhale-Exhale



7. Supine Spinal Twist Pose II Supta Matsyendrasana II

Come to laying on your back. Draw one knee & then the other up in to your chest. Hug the knees in to you to release the lower back. Bring both arms out at shoulder height, press the palms in to the floor to stabilise & then as you inhale gently lower the knees over to one side. Rest here for 10 breaths. Inhale & as you exhale draw the knees back in to

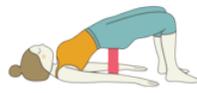
5m



8. Reclined Butterfly With Bolster Supta Baddha Konasana Bolster

In a seated position, bring the soles of the feet together in front of you. Place a bolster behind you so it rests against your sacrum/buttocks. Gently rest back over the bolster. You can use a block or a blanket under your head for extra height and bricks under your knees to support your legs if that feels better for your body.

10B



9. Bridge Pose Block Setubandha Sarvangasana Block

Laying on your back, bend your knees & bring the soles of the feet to the floor. Extend your arms down by your hips for stability. Inhale & gently roll up through the spine, pressing in to the feet & arms, lifting each vertebrae until you are resting on your shoulders. As you exhale roll back down. Repeat 4 times.



10. Three Part Breath Corpse Pose Dirga Pranayama Savasana



11. Constructive Rest Pose Upper Body On Bolster Savasana Bent

Legs Upper Body On Bolster For resting, choosing either this position or savasana with a bolster (below). As your heart rate & blood pressure drop you may get cold. Make sure you are warm & comfortable. Have a blanket to cover you & socks. Practice the Metta meditation or yoga nidra



12. Corpse Pose Variation Bolster Savasana Variation Bolster

the centre.

Hug the knees in to you to release the lower back.

Bring both arms out at shoulder height, press the palms in to the floor to stabilise & then as you inhale gently lower the knees over to the other side. Rest here for 10 breaths.

Inhale & as you exhale draw the knees back in to the centre.

Hug the knees in to you to release the lower back.

Alternative: If you are feeling more energetic you can move the legs with the breath from one side to the other dynamically. Inhaling to bring knees down, exhaling to lift to centre, inhaling to other side, exhaling back to centre & repeat 5-10 times.

Cover yourself with a blanket so you don't get cold.

Hold for 5 minutes.

When you are ready to release, hold the top of your thighs & gently use your hands to squeeze your legs back together. Roll off your bolster to the right side & rest for a few breaths.

on the 5th repetition, stay with the hips lifted & gently slide your brick under the back of your pelvis so you can rest the back of the pelvis on to the brick.

Make sure that the brick is in an orientation that keeps your lower back happy. It can be lower than this illustration.

Lengthen the arms away, open the chest & breath.

You can bring a strap around your mid-thighs if you want to keep them in alignment with your hips as you hold the position.

This stops pinching in the lower back.

Hold for 10 breaths & then come down.

Bring your knees to your chest to release the lower back.

practice as outlined in the blog.