

# Supta Virasana



## Reclining Hero Pose

This is a truly liberating yoga pose with many benefits!

- It stretches the abdomen, thighs and deep hip flexors, knees and ankles.
  - Relieves tired legs, flatulence, indigestion and menstrual pain!
- Gently massages and strengthens the heart, increasing coronary blood flow.
  - Strengthens the arches of the feet too!

1. Kneel with your knees together or hip-width apart depending on the flexibility of your hips.
2. Spread your feet hip-width apart and roll the flesh of your calves outwards before sitting between your feet on the floor.
3. Stay here for a moment. Close your eyes and connect to your breath. If you feel any pain in your knees please come out of the pose.
4. Place the palms of your hands on the floor either side of you and bend your elbows to lower yourself down to the floor.
5. Think of extending the back, rather than arching it.
6. Rest your head and shoulders on the floor, releasing your arms to the floor beside you.
7. Tuck your chin to your chest to lengthen the back of your neck.
8. Soften the head, neck, shoulders and the whole of your face.
9. Close your eyes and use your breath to melt into the pose.
10. Stay here for as long as it feels comfortable and then slowly make your way back to sitting.
11. Finish with a nourishing knee massage when you have released your legs.

Charlotte teaches yoga classes, Sunday workshops and private yoga tuition in Bristol.  
To find out more go to [www.yogabristol.com](http://www.yogabristol.com) or call Charlotte on 07533 732035.

Join Charlotte's mailing list at [www.yogabristol.com](http://www.yogabristol.com) to receive your free £10 Gift Voucher!  
Next Yoga Workshop is on Sunday 21st March.