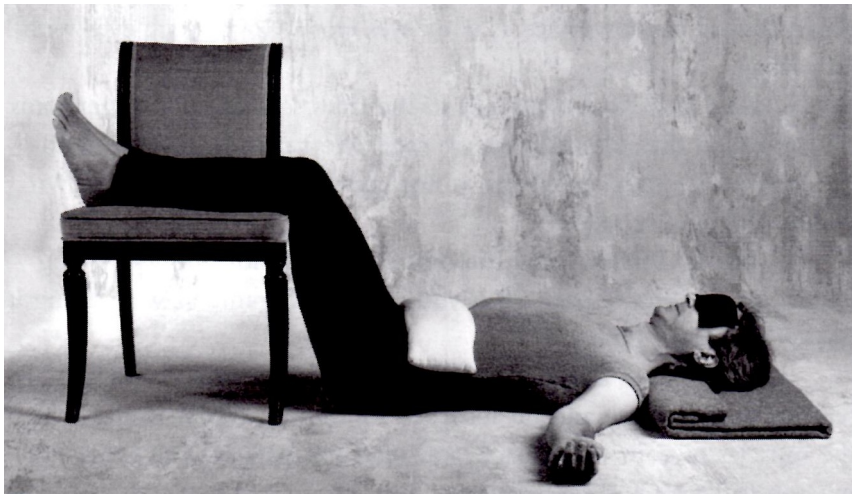
Restful Rescue Poses

Corpse Pose—Lie on your back with your head supported with a flat pillow, or nothing if you can tolerate your head flat on the floor. Place your arms at the sides of your body with your palms up if you can, or just relaxed and comfortable. Legs straight or with a small pillow or towel roll under your knees. Try to clear your mind, belly breathe, (see separate sheet) and enjoy a quiet few moments. This is a nice pose to do after a long stressful day.

[Sherlock, Helen. "Lazy Day Yoga Poses." www.YogaClass.ie. n.d. 11 August 2010]

Inverted Pose #1—This is a great pose for those who have vulvodynia, or vulvar vestibulitis, or any kind of pelvic pain that feels hot, burning, or swollen. It's also a great pose for those with pelvic organ prolapse. NOTE, try NOT to do this pose during heavy flow of your menstrual period.

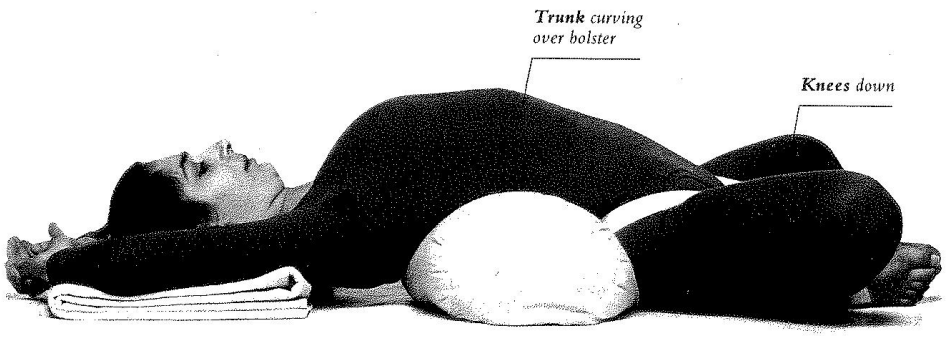
Lie on your back on the floor with your butt scooted close to the edge of a sofa, bed or large chair. Place a firm pillow under your pelvis and scoot in close to that sofa or bed. Place your lower legs over the edge of the sofa or bed so they are supported. Be sure your back is OK with this pose, it should be a lovely, supported feeling. Your pelvis is inverted by the pillow, your legs are supported by the sofa, your arms should rest down at your sides, your head might not need a pillow with this pose, but if it does, try just a folded towel so your neck is not too flexed. Belly breathe. You can even try having a heating pad OR a bag of frozen peas with you to place on your perineum. You could also try to place your legs up the wall as illustrated.



[Images from: Lasater, Ph. D, PT, Judith. *Relax and Renew: Restful Yoga for Stressful Times.* Berkeley, CA: Rodmell Press, 1995.]

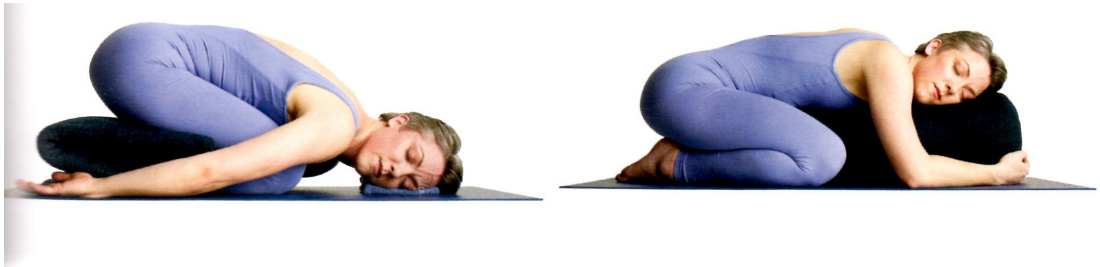
Inverted Pose #2—This is a good pose to try when you have a painful period. It is less of an inversion and more a way to help drain the flow of menstrual blood. It also stretches the pelvis and opens up the pelvic channel. You'll need a small blanket or yoga mat rolled up, 2 pillows for your knees (one pillow for each knee) and a pillow for your head.

Place your rolled up blanket or yoga mat under the curve of your back. It should not be so big a roll that you're uncomfortable, but your back will be in an arch, so experiment with how big your blanket roll is. Lie on your back over that roll. Bend your knees up and put the soles of your feet together so that your knees flop out to the sides to feel a stretch at the groin (inner thighs) and place a pillow under each knee if that thigh stretch is too much. Finally if you need a pillow under your head, place one under your head. Let your arms rest at your sides, or you can stretch your arms out to make a "T" and get a nice chest stretch too.

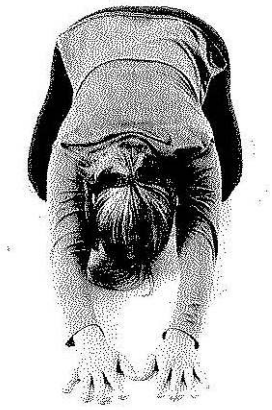


[Mira, S. & Mehta, S. *Yoga the Iyengar Way*. London: Dorling Kindersley Limited, 1990.]

Child's Pose— Begin on your hands and knees on a mat or soft carpet or bed. Lower yourself down with your knees separated about 1 foot apart. Your head will approach the floor and you can use a pillow or towel roll under your forehead or cheek if you need to turn your head. Arms will be at your sides as pictured. (To turn this into a stretch, place your arms in front of you to stretch forward.) Hold these restful poses for as long as you are comfortable, from 15 seconds to even as long as 2 minutes or more.



[Lasater Ph.D, PT, Judith. *30 Essential Yoga Poses for Beginning Students and Their Teachers.* Berkeley, CA: Rodmell Press, 2003.]



[Stein, A. *Heal Pelvic Pain*. Chapter 3, End the Pain. New York: McGraw Hill, 2009.]