

## APRES-SKI RESTORATIVE SEQUENCE

This sequence will relax and lengthen the muscles so they are less prone to injury and replenish the body from the exertion of skiing, give you an energy boost for other apres ski activities and prepare you for a good nights sleep.  
Hold each pose for 1-2 minutes with slow relaxed breathing.

Viparita - Legs up wall



Upavistha



Supta baddakonasana



Adha padmasana



Gomukhasana



The poses relax and drain fluid and lactic acid etc from the legs as well as releasing the muscles around the hips.  
If you are in a hotel room with a lack of wall space the wall at the head of the bed is often a good option

Viparita dandasana - Inverted staff pose



Fold a pillow or wrap a towel around it to make a bolster. Position it under the coccyx and make sure there is NO compression in the low back

Eka pada supta virasana - one leg reclining hero



Pile up some pillows/ bolsters etc. to lie back over to make this less intense. Make sure the low back is comfortable.

Shava udarakarshanasana- supine twist



This helps to release the whole spine

Salamba savasana - Supported corpse pose



Lying on the floor with the legs on the bed works well. Relaxes the spine and whole body.

"... tune into the energy of the universe, sense its flow and catch its wave at the crest...  
Energy has its yin side too, its calm as well as its storm"

- Denise McCluggage in The Centred Skier

Anna Blackmore  
07866 573 739