

POSE 24 Bolster Practice

Iliac Bolster

The bolster practice provides an opportunity to connect with the breath and the muscle tissue. It raises your awareness of the present moment and become mindful in your yoga practice.

Iliac Bolster Pose releases the sacroiliac joint, the trapezius muscles and the sternocleidomastoid muscle

Props

- Sticky mat, rectangular bolster, blanket, and timer.
- Blanket is folded into 1/16 widthwise, just like in **photo 1**.

Please refer to my website for information about all yoga props from Hugger Mugger™

joann.yoga/yoga/yoga-props/

Foundation

1. The iliac bones are placed on the front edge of the bolster. The blanket is placed beneath the chest, the fold is at the clavicle.
2. The forearms are extended at 90 degrees. Gently stretch the head forward, and then the head is rotated to a comfortable side first, and placed on the ear.
3. In the POSE (**main photo**), establish a smooth rhythm of breath, and hold for 1.5 minutes on each side.

Release

4. Place the hands beneath the shoulders, bring the elbows to the ribs and rest on the center of your chin.
5. Extending the arms at the elbows lift the hips and come to the child pose. Ideally rest the head on the bolster.
6. Tuck the toes under, lift to Downward Facing Dog, and hold the pose for 5 cycles of breath.

Duration: Keep the pose for **1.5 minutes** on each side.

Extra focus:

- Allow the exhalations to release the neck muscles and the skull.
- Gently press as much of the ear to the floor as possible.

Avoid:

- Lifting the shoulders off the blanket.