

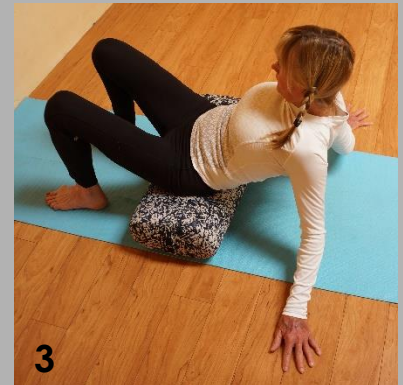
**POSE 25 - Bolster Practice**

*Sacrum 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.

Sacrum Bolster Pose releases the lumbar spine, and reinforces the cervical curve in the neck. It calms the adrenal glands, aids in digestion.



**Props**

- Sticky mat, rectangular bolster, and timer.

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

[joann.yoga/yoga/yoga-props/](http://joann.yoga/yoga/yoga-props/)

**Foundation**

1. Seated on the bolster place the hands behind your hips on the floor. The feet are placed 18" from the bolster and firmly planted on the mat, just like in **photo 1**.
2. Lift the sacrum up to a tabletop position, just like in **photo 2**. Bring the sacrum to the bolster placing the third sacral vertebrae in the middle of the bolster.
3. Extending the arms, bend the elbows simultaneously and place them on the floor, just like in **photo 3**. Lower the shoulders to the floor, and rest the head, just like in **photo 4**.
4. Extend the arms to 30 degrees from the hips, and place the palms up. Establish a smooth rhythm of breath, and with an exhalation extend the legs.
5. Hold the POSE (**main photo**) for 3 minutes.

**Release**

6. Feet beneath the knees, are firmly planted. The buttock, hamstrings, and calves are engaged. Sacrum is lifted bolster is slid out to the side, just like in **photo 5**. The spine is released one vertebrae at a time.
7. Roll out to the right, just like in **photo 6**.

**Duration:** Keep the pose for **3 minutes**.

**Extra focus:**

- Allow the exhalations to release the lumbar spine.

**Avoid:**

- When releasing avoid lifting the feet, or the metatarsals on the mat.