Philip Warton Relaxation Practice Journal 3

Day 1: Today I did “Restorative Yoga” and “Savanasa 1”. While doing the restorative yoga I was reminded of these cooldown static stretches that I used to do after training where we would put the bent knee to the opposite side while holding the corresponding arm and shoulder to the ground. The legs on the couch and the support chest supine positions were both indeed very comfortable. I am actually quite experienced with Savasana, because I took yoga for 6 months a few years ago, and we would always end the session with 30 minutes of this pose. It is of course very relaxing, and a good time to practice mindfulness. I was nice to be able to return to doing this practice and to have the audio as a guide.

Day 2: Today I did “Gentle Yoga” and “Savanasa 2”. During the gentle yoga I observed that my hamstrings were indeed very tight and it was difficult to straighten my leg while doing the practice that involved the yoga belt. Hopefully with repeated stretching I will be able to mitigate this so that I can better do the practice. Doing the arm and shoulder stretches was fairly straightforward. I felt like during today’s savasana, I kept getting distracted, thinking about homework and stuff, but it was good practice to keep trying to focus over and over.

Day 3: Today I did “Beginning Yoga” and “Savanasa 3”. Many of these poses are very familiar to me from that yoga class, such as the belly facing back bend from the stomach on ground position and such as the downward dog. Something that I didn’t learn previously was to have a bend in the knees while doing downward dog, so perhaps I was not doing it properly before. During savanasa I think I might have been very tired today because I conked out cold. I got through the first 5 minutes I think but after that I was snoozing.

Day 4: Today I did “Sun Salutation” and “Savanasa 4”. This yoga routine was very familiar to me as I have practiced it before. My hamstrings are indeed still very tight, making some of the standing downward stretches a real doozie, but besides that everything went pretty smoothly, although it can be easy to scrunch up the shoulders during the cobra pose. It was good to practice proper meditation during today’s savanasa, I found that after the video I continued to lie there and meditate for another 15 minutes. It feels like we are now getting into the full yoga meditation practices which is a transition that I personally like.