



Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

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4 Yoga Poses to Support Your Adrenals

adapted from Body and Soul

A fantastic, holistic way to replenish your tired little adrenal glands is to engage in some restorative yoga poses. Unlike vinyasa, restorative yoga allows you to slow down, lengthen your breath (particularly your exhale) and gives your body a chance to enter into your 'rest and digest' mode.

These poses will take you out of 'fight or flight' (your sympathetic nervous system) and into 'rest and digest' (your parasympathetic nervous system).

Before you begin:

Set up a quiet, warm space for your practice where you won't be disturbed. [Play some relaxing music!](#)

Relax into each of these poses for 3-5 minutes each. Breathe slowly throughout and lengthen your exhale. You're here to relax so if you're not comfortable try using a pillow or a blanket to make the pose feel better, remember to listen to your body and come out of the pose when you need.

These restorative yoga poses are a very powerful tool for combating adrenal fatigue, not to be underestimated. Give your adrenals a break and try this sequence each day this week.

1. Balasana (Child's Pose)



Balasana helps you to feel calm, grounded and connected to the earth. It also provides a gentle opening of the hips, depending on which variation you take.

Start by kneeling on your mat with the tops of your feet to the ground and big toes touching. Bring your knees out to the width of the mat and then sit back onto your heels. Slowly bring your torso towards the mat and rest your forehead onto the mat or a bolster. You can also choose to do this pose with your knees together and your arms resting down beside your body for less of a hip opening option. Stay here for 3-10 minutes breathing deeply.

2. Supta Baddha Konasana (Reclining Cobbler's Pose)



This pose is perfect for connecting in with your breath, a practice that helps to support the parasympathetic nervous system (rest and digest).

To begin, sit upright with the soles of your feet together and knees apart. Once you are comfortable start to recline back, first onto your elbows and then lowering all the way down so that your spine is lying straight on the floor. You can choose to place your hands by your side, palms facing up; or place one hand on your heart and the other on your stomach and breath deeply here for a few minutes. Stay here for 3-10 minutes breathing deeply, lengthening your exhalations and breathing away any tension.

3. Viparita Karani (Legs Up The Wall Pose)



Not only does this pose slow your heart rate, reduce the nerve input into the adrenal glands by stimulating the baroreceptors (your blood pressure sensors) in your neck and upper chest, relax the blood vessels and slow the brain waves it's also commonly referred to as the 'foundation of youth pose' and said to keep you looking younger for longer. It's basically the superfood of yoga poses.

Lay with your legs up the wall and your back resting on the ground, keep your buttock as close to the wall as possible. Once you are comfortable become aware of your breath and relax, noticing the subtle sensation of the shift in blood flow.

4. Savasana (corpse pose)



Ah savasana, everyone's favorite yoga pose! Whilst it may seem like you are just lying there, there's actually a lot of goodness happening in your body. By focusing on long, deep exhalations you will be slowing your heart rate and bring an overwhelming sense of calm to the body. This pose allows you to absorb the benefits of your practice and experience a deep sense of rest.

Lay down on your back and bring your legs out slightly wider than your hips. Allow your feet to relax out to the side. Place your arms beside your hips in a comfortable, but wider-than-normal, distance from your body with the palms facing up. Close your eyes, relax your face, your tongue, allow your eyes to roll back into your head and begin to breath deeply, focusing on long exhales. Stay here for at least 10 minutes. If you experience lower back pain place a blanket or pillow under your knees to relieve tension on the sacrum.

