

## 7 Restorative Yoga Poses for Adrenal Fatigue (aid your lower back)

### 1. Supported Yoga Bride

The supported bridge may look difficult to do but you can do it easily. However avoid this yoga pose if you have back problems. This pose will help you relax and it is an effective workout as well. Just lie down on your back. Lift up your hips. Your hands should be on the sides and on the floor. Now place a block or a 3-4 folded mattress under the sacrum. This is an effective yoga pose for improving adrenal fatigue.



### 2. Child's Pose Wide Legged

The child's pose is another effective yoga pose which needs flexibility. In case your mat is too thin or you have knees which are sore, you should should of placing a soft mat underneath. Kneel on your mat. The big toes should be touching each other at back. Now slowly bring your knees outwards and sit on your knees. Now bring the torso towards the front slowly. Bring your arms in the front as you go forward with your torso. Rest your forehead on the mat and place a folded towel underneath for a little support. This will help you relax and your fatigue shall improve.



### 3. Sphinx Pose

First you need to lie down on your tummy. Once you are done with that, use your elbows to bring your upper body up. Support your upper body with your elbows and close your eyes. You can look up pushing your chin upwards. This is a very relaxing pose and it helps with adrenal fatigue.



## 4. Butterfly Pose

This is a very easy yoga pose. You need to sit on the mat with both your feet joined together. If it is being difficult to hold it together, use your hands to clasp your feet together. Sit upright and move your legs up and down like a butterfly flaps its wings when flying. This is called the butterfly pose and it is very effective. Do it in your free time while watching television or whenever you get a break from work.



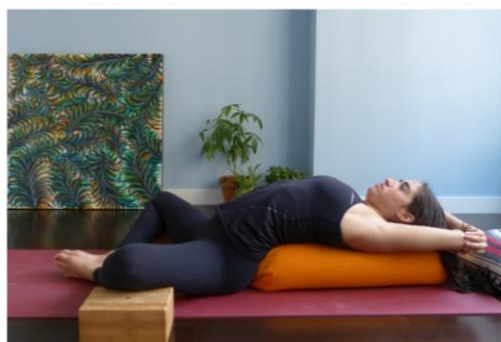
## 5. Legs Up The Wall Yoga Pose

This pose will help you relax and improve the adrenal fatigue. All you need to do is start by placing the hips against a wall. Now slowly bring your legs up and place them on the wall. You will be making an L shape with your body by doing this pose. This is a very good yoga pose. Your hands need to be on the sides. Relax in this position. This looks like a pain but it is very relaxing!



## 6. Restorative Cobbler's Pose Yoga

This may seem a little difficult to do for beginners but if you practice, you will be able to do it efficiently. Now begin with sitting upright with your feet clasped together. First of all, get comfortable with this position. If you feel any discomfort, place a folded towel under your knees. Now slowly start reclining towards the back. The spine should be on the floor. You can place a pillow behind or a folded mattress in case you are not able to touch the floor at the back. This will relax your body and your mind.



## 7. Corpse Yoga Pose

Lie like a corpse and you will be a happy person. This yoga pose is the most relaxing and effective. Yes, you have to lie like a corpse. This helps in relaxing your mind and body. The deep breathing that you will do while in this position will help your body to relax and improve adrenal fatigue. This will calm your body and the heart rate will go slow for a while. It will bring a sense of calm to your body and mind.



This guide has been created by Andrea at Cotswold Menopause for more help and information to guide you through your Menopause transition and for a happier and healthier time visit [HRTandMenopauseHelp.co.uk](https://www.HRTandMenopauseHelp.co.uk)

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