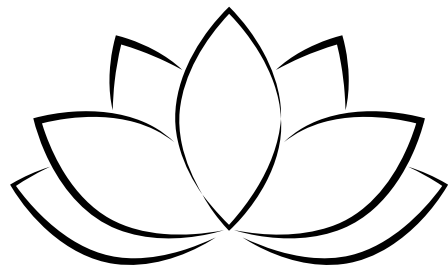
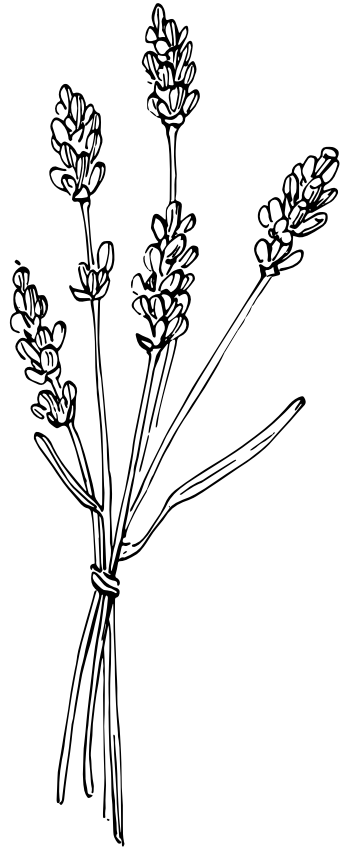


# Flare-Up First Aid

Your Restorative Toolkit



Lunar Lotus Root Rising



## Welcome

When a flare-up arrives, even simple decisions can feel overwhelming.

This is not the time to push through, fix yourself, or force anything.

This is the time to soften.

The purpose of this guide is to help you create a space where your body feels supported, your nervous system feels safe, and your breath can return to a natural rhythm.

Choose one shape, gather your props, and allow yourself to simply rest.

Remember:

Though it's your path to walk, may you never have to walk it alone.



# SUPPORTED CHILD'S POSE (Salamba Balasana)

Best For



- Feeling overwhelmed
- Lower back tension
- Fatigue
- Nervous system overwhelm

Props Needed

- 1 bolster or 2 firm pillows
- 1–2 blankets

Setup

1. Begin on hands and knees.
2. Bring your knees comfortably wide and allow your big toes to touch.
3. Place your bolster lengthwise between your thighs.
4. Lower your torso onto the bolster.
5. Rest one cheek on the support.
6. Allow your arms to rest wherever they feel most comfortable.
7. Cover yourself with a blanket if desired.

Stay

5–10 minutes

Gentle Reminder

There is nothing to accomplish here.

Let the earth hold you.



# SUPPORTED FISH POSE (Matsyasana Variation)



## Best For

- Chest tightness
- Shallow breathing
- Stress
- Fatigue from long periods of sitting

## Props Needed

- 1 bolster
- 1 yoga block or sturdy book
- Blanket for head support

## Setup

1. Create a gentle incline with your bolster supported by a block.
2. Sit at the base of the bolster.
3. Slowly lower your spine onto the support.
4. Adjust your head so your neck feels completely comfortable.
5. Allow your legs to rest in any position that feels effortless.
6. Let your arms open gently away from the body.

## Rest Here

10–15 minutes



## LEGS UP THE WALL

(Viparita Karani)

Best For

- Tired or heavy legs
- End-of-day exhaustion
- Nervous system regulation
  - Deep relaxation
- Rest during flare days

Props Needed

- A wall
- 1 folded blanket (optional)
- Eye pillow or soft cloth (optional)



Setup

1. Sit sideways with one hip touching the wall.
2. Carefully swing your legs up the wall as you lower your back to the floor.
3. Adjust your distance from the wall until your body feels comfortable.
4. Allow your arms to rest wherever they feel most supported.
5. Place an eye pillow or soft cloth over your eyes if desired.
6. Cover yourself with a blanket for warmth if needed.

Rest Here

5–15 minutes

Gentle Reminder

If your legs begin to feel numb, tingly, or uncomfortable, slowly bend your knees and come out of the pose.

Comfort is more important than perfection.

Allow yourself to rest.



## SUPPORTED REST POSE (Restorative Savasana)

### Best For

- Severe fatigue
- Full body aches
- Recovery days
- Nervous system overwhelm
- When everything feels like too much



### Props Needed

- 1 bolster or firm pillow
- 1 blanket for warmth
- Optional eye pillow

### Setup

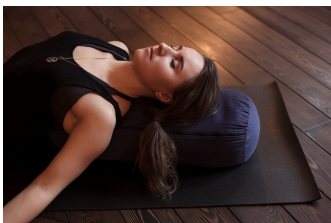
1. Lie comfortably on your back.
2. Place a bolster or pillow beneath your knees.
3. Support your head and neck if needed.
4. Cover yourself with a blanket.
5. Place an eye pillow over your eyes if desired.
6. Allow your entire body to soften into the support.

### Rest Here

10–20 minutes

### Gentle Reminder

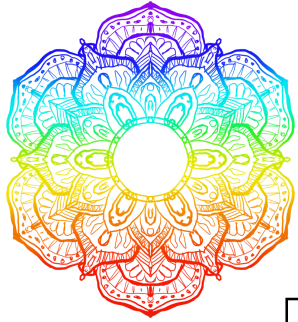
Sometimes healing looks like resting.  
There is nothing you need to accomplish right now.  
Allow yourself to be supported.





## CREATING A RESTORATIVE SPACE

Before settling into your chosen shape:



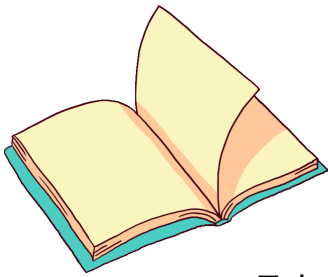
- Dim the lights
- Silence notifications
- Have water nearby
- Cover yourself with a blanket
- Wear warm socks if needed
- Choose quiet or gentle instrumental music
- Give yourself permission to rest

### Gentle Reminder

True restorative yoga should feel supported, comfortable, and effortless.

If something doesn't feel right, adjust your props until your body feels at ease.





## REFLECTION

Take a quiet moment before returning to your day.

What does my body need most right now?

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What helped me feel supported today?

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One act of kindness I can offer myself today:

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Remember:

Though it's your path to walk, may you never have to walk it alone.

