Hi, I am Kquvien Deweese. I live in Decatur, GA. I am a certified Intermediate Junior III Iyengar yoga teacher. I am a bit of a mess, like most folks. I am interested in translating the ancient art of yoga into a clear, tangible subject that can help us cope with our current problems.

You can find out more about me on my website: www.kquvienyoga.com

When it comes to practicing asanas at home, you need simply begin. Begin without expectations, time limits, or rules. Do one pose or seven. Play your favorite song or include your family. Just begin. Practicing at home is not a class. It is its own experience with untidy clothes heaps, dirty bathrooms, and uncooked dinner. We practice at home because we need to take our medicine. Whether it’s 5 minutes or 90 minutes does not matter at first. Get started. If it helps you, play your favorite movie or audiobook in the background. Set a timer and do every standing pose you can think of; or if you have time left, do them all again. Reward yourself with chocolate or ice cream afterwards.

If you are exhausted, anxious, or stressed out, do a restorative pose or 2, or 3, or 4... It is perfectly fine to begin a short restorative practice with Savasana. I do Savasana every day. It is often not after an asana practice. It is on its own in a moment when I feel like I need to become quiet and let all my muscles relax for a spell. Sometimes it only lasts 6-8 minutes, other times 20. Sometimes, after an asana practice, I want to keep the mental state I am in existing in intact, so instead of Savasana, I end in a supine pose or supported forward bend.
This is my chair. It is worthy of the name. Chair. This chair serves all the general chair purposes. It provides a seat for knitting, reading, spacing out, watching Stranger Things and of course, yoga poses. The German Shepherd you see pictured is Apollo. He is a companion to almost everything I do, including yoga.

Before going upside down, take your head down into Adho Mukha Svanasana (Downward Facing Dog) or Uttanasana (standing forward bend).

Adho Mukha Svanasana
Pictured is a variation of downward facing dog where the hands are up on the chair seat.
Turn the Chair Around!

If downward dog with hands to the chair seat irritates your back or shoulders, no worries. Turn the chair around and make your hands higher.

Uttanasana or Standing Forward Bend

If your hamstrings are stiff, forcing Uttanasana too quickly can be painful and possibly strain your back. If that is the case begin with your hands up on a chair, feet wider than your hips, and spend a few breaths lengthening the sternum and front ribs away from your naval before letting your head release down.

Take your time, allowing your head, neck, and facial muscles to hang and release may feel very unnatural at first. Don’t freak out.
Supported Sarvangasana

Here are a couple of towels and a floor mat folded and stacked ever so neatly. You do not need yoga blankets. Be sure to stack blankets, towels, mats, or big books for your shoulders to rest on.

Once your head has been down in Uttanasana or Adho Mukha Svanasana, for a couple of minutes go for supported Sarvangasana in the chair. Sarva means all and anga refers to the limbs of the body. The entire body benefits from Sarvangasana. The supported variation allows full relaxation of the legs and abdomen while the spine is extended. Study the sequence of photos to get yourself into the pose.
**Supported Upavistha Konasana**

Sit as close to the chair as needed. Exhale, and allow your face, neck, and shoulders to relax.

---

**Savasana**

*Savasana* with that towel stack under the shoulder blades. The photo shows no pillow under my head. Sometimes I use one, other times, no. Try both ways. See how it feels.

*Savasana* with chest support can be done before or after (or both!) all the other poses.

If you have time, end with a completely flat *Savasana*, without the support, even if it’s only 60 seconds.