

Shavasana Setup and Variations Card

FitInFlow.space · Shavasana (Sanskrit shava = corpse, asana = posture). For information only, not medical advice. Updated October 2026.

1. The six steps

1 Arrive Props, warmth, phone off	2 Lie down Feet wide, palms up, head level	3 Scan Release feet to face	4 Let breath be Stop steering it	5 Rest 5 to 10 min; return when you drift	6 Return Move, roll to side, sit up slowly
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2. Prop setups

Bolster or rolled blanket under the knees: eases the lower back. **Folded blanket under the head:** keeps the chin level.
Blanket over the body and socks on: the body cools as it goes still. **Eye pillow:** optional; skip it if covered eyes feel uneasy.

3. Choose your variation

If this applies to you	Try this
Lower back aches lying flat	Bolster under the knees, or bent knees with feet on the floor
Pregnant, especially later pregnancy	Lie on your side with pillows; avoid lying flat on the back for long (NHS)
Heartburn or reflux lying down	Supported incline with the chest raised
Breathing feels harder lying flat	Supported incline, or sit supported in a chair
Closing the eyes feels unsafe	Eyes open, soft gaze; stop whenever you need to
Getting up from the floor is hard	Rest on a bed or sofa, or a reclining chair

4. Safety

Talk to a doctor first if you are pregnant, have epilepsy, or have a history of trauma or a psychiatric condition (NCCIH).

Sit up and get help if lying still brings on panic, chest pain or sudden breathlessness that does not pass.

Relaxation can support self-care. It never replaces prescribed treatment for any condition.

5. Two-week practice log

Day	Date	Minutes	Variation used	How I feel afterward (one line)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Hatha Yoga Pradipika 1.32 says shavasana removes fatigue and rests the mind. Research on the pose alone is limited; yoga programs as a whole show benefits for stress (NCCIH).