

Restorative Yoga

RELAX, RESTORE, AND REJUVENATE

Most of us are living high-intensity lives, juggling a lot of potential stresses. Stress is responsible for most of the aches, pains, and illnesses you may be experiencing in your day-to-day life. One of the most beneficial exercises for life today may be one that lets you experience the state of ‘not-doing’. After just one class, you will feel the calming effects of this a quieter practice.

A restorative yoga class is usually only about five or six poses. These poses are often supported by props that allow you to completely relax into the given stretch. Poses are normally 5-10 minutes each. Instead of “holding” the pose like in traditional yoga, in restorative you are “releasing” into the pose through deep breathing and relaxation, Restorative yoga poses include very gentle twists, seated forward folds, and gently supported back bends, all designed to release stress from the body.

10 BENEFITS OF RESTORATIVE YOGA

1. Fall asleep faster
2. Sleep deeper
3. Release deep tension
4. Less aches and pains
5. Feel calmer
6. Easier to focus
7. Helps you recover from injury
8. Feel more balanced
9. Compliment to intense workouts
10. Mindful connection to your body



5 RESTORATIVE POSES FOR RELIEVING STRESS

1. CHILD'S POSE

Child's pose is the most common resting pose incorporated in any yoga practice. Sit on your heels with your knees mat distance apart. Take a bolster and place it between the legs before lying down. Gently bend your torso forward until your belly's comfortably resting on the bolster. The arms are extended straight out in front or resting next to the body effortlessly.

2. MERMAID — SUPPORTED BELLY DOWN TWIST

From a seated position, place the bolster along the middle of your mat; you may incline the bolster using blocks. Sit side saddle along the bolster, lower your torso onto the bolster with a gentle twist. Turn your head away from your knees. Let the bolster support you and relax.

3. SUPPORTED BRIDGE POSE

Lie on your back with your knees bent and your feet close to your bum. Take a yoga block or bolster and place it under your sacrum. Relax with your feet hip-width apart and use deep belly breathing.

4. RECLINING BUTTERFLY

Set up a reclining bolster. Sit on the floor and bring your tailbone right up to the low edge of the bolster and lean back. Bring the soles of your feet together and let your knees drop out to the sides. Place props under your knee to support them as needed to relax.

5. LEGS UP THE WALL

Place a bolster or a foam block several inches from a wall. Sit on the floor sideways to the wall, and lower your shoulders and head to the floor, lying on your side. Then roll onto your back and up onto the bolster, eventually stretching your legs up the wall. Adjust your position by scooting your tailbone toward the wall until it drops over the edge of the bolster. Settle in for optimally at least 10 minutes.

