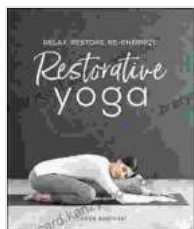


# Restorative Yoga: Relax, Restore, Re-Energize



## Restorative Yoga: Relax. Restore. Re-energize.

by Caren Baginski

★★★★☆ 4.7 out of 5

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## Unwind, Rejuvenate, and Revitalize

In our fast-paced, demanding world, it's easy to get caught up in the hustle and bustle of life. We push ourselves to the limit, often neglecting our own well-being. As a result, we may experience stress, anxiety, fatigue, and even burnout.

Restorative Yoga offers a gentle and effective way to slow down, unwind, and rejuvenate. This practice is designed to promote deep relaxation and restore balance to the body, mind, and spirit.

## What is Restorative Yoga?

Restorative Yoga is a style of yoga that uses props, such as blankets, bolsters, and blocks, to support the body in comfortable positions. These positions are held for extended periods of time, allowing the body to completely relax and surrender into the support of the props.

Unlike traditional yoga, which often involves strenuous poses and dynamic movements, Restorative Yoga is a passive practice that emphasizes ease, comfort, and relaxation.

## **Benefits of Restorative Yoga**

Regular practice of Restorative Yoga can bring numerous benefits, including:

- **Reduced stress and anxiety:** Restorative Yoga helps to calm the nervous system and promote a sense of relaxation and peace.
- **Improved sleep:** Restorative Yoga can help to improve sleep quality by reducing stress and creating a sense of calm before bed.
- **Relief from chronic pain:** Restorative Yoga can help to alleviate chronic pain by supporting the body and reducing muscle tension.
- **Increased flexibility:** Restorative Yoga can help to increase flexibility by gently stretching the muscles and connective tissues.
- **Improved digestion:** Restorative Yoga can help to improve digestion by stimulating the organs and promoting blood flow to the digestive tract.
- **Enhanced emotional well-being:** Restorative Yoga can help to improve emotional well-being by promoting self-awareness and creating a sense of inner peace.

## **Restorative Yoga Poses**

There are many different Restorative Yoga poses, each with its own unique benefits. Some of the most common poses include:

- **Supported Child's Pose:** This pose helps to calm the nervous system and reduce stress.
- **Supported Fish Pose:** This pose helps to open the chest and shoulders, and relieve tension in the neck and back.
- **Supported Bridge Pose:** This pose helps to stretch the hip flexors and lower back.
- **Supported Legs-Up-the-Wall Pose:** This pose helps to improve circulation and reduce swelling in the legs and feet.
- **Corpse Pose:** This pose is considered the ultimate Restorative Yoga pose, and helps to promote deep relaxation and inner peace.

## Restorative Yoga Sequence

Here is a simple Restorative Yoga sequence that you can try:

1. Begin by lying down in Corpse Pose, with your legs extended and your arms at your sides.
2. Place a bolster under your knees for support.
3. Close your eyes and relax your body.
4. Take a few deep breaths, and allow your body to sink into the support of the bolster.
5. Hold this pose for 5-10 minutes.
6. Next, come into Supported Child's Pose.
7. Place a blanket or pillow on the floor, and kneel on the blanket with your knees hip-width apart.

8. Sit back on your heels and fold forward, resting your forehead on the blanket or pillow.
9. Place a bolster or blanket under your chest for support.
10. Hold this pose for 5-10 minutes.
11. Finally, come into Supported Bridge Pose.
12. Lie down on your back with your knees bent and your feet flat on the floor.
13. Place a bolster under your hips for support.
14. Hold this pose for 5-10 minutes.
15. Slowly come out of the pose and rest in Corpse Pose for a few minutes.

Restorative Yoga is a gentle and effective practice that can help you relax, restore, and re-energize your body, mind, and spirit. By incorporating Restorative Yoga into your routine, you can experience the many benefits this practice has to offer, including reduced stress, improved sleep, relief from chronic pain, increased flexibility, and enhanced emotional well-being.

If you're looking for a way to unwind, rejuvenate, and revitalize, Restorative Yoga is the perfect practice for you.

Try the Restorative Yoga sequence provided above, and discover the transformative power of this gentle practice for yourself.

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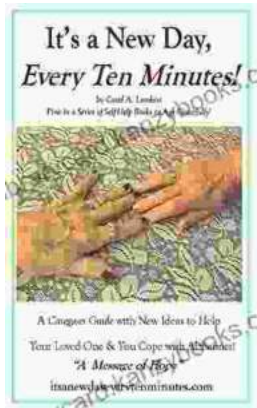


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