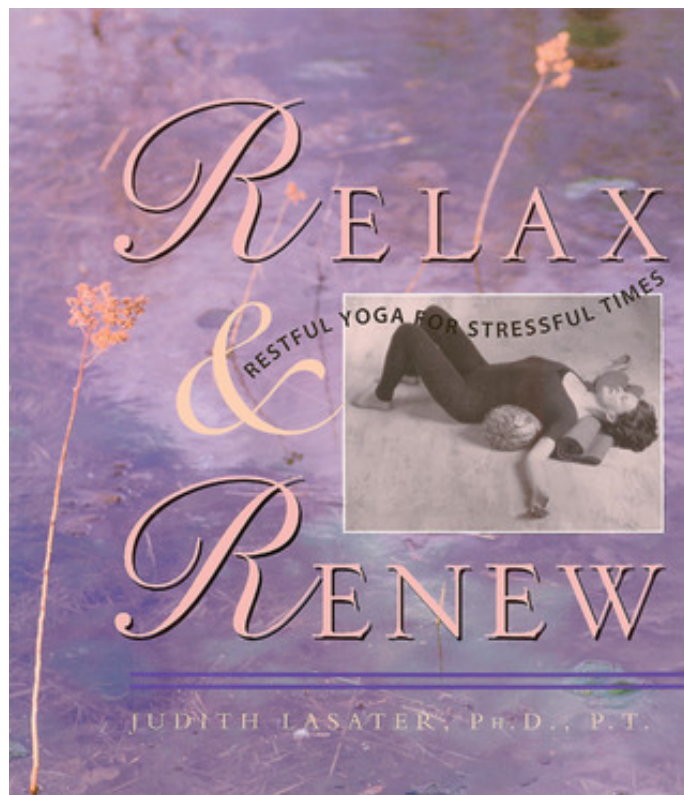

Judith Hanson Lasater

Relax and Renew: Restful Yoga for Stressful Times



Title: Relax and Renew: Restful Yoga for Stressful Times

Author: Judith Hanson Lasater

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Description

Experience the rest of your life with restorative yoga, the supported poses and breathing practices that will help you heal the effects of chronic stress. In *Relax and Renew*, the first book exclusively devoted to this work, the author offers in-depth guidance in the Basic Relaxation Pose (Savasana), the heart of restorative practice. In addition, this book provides yoga sequences for busy days, including a fifteen-minute practice, yoga at your desk, and the Totally Invisible Relaxation; programs for back pain, headaches, insomnia, jet lag, and breathing problems; a special section for women during menstruation, pregnancy, and menopause; a guide to props; and resources for finding a yoga teacher, recommended books, magazines, newsletters, audio programs, yoga vacations, and more.

Insightful reviews

Jill: All kinds of yoga that is focused on relaxing and opening up tight spots or releasing tension. The only real drawback is that you need several props in order to do it. I will be getting a copy and some more props in the near future. The breathing section really helped with those issues I was having.

Heather: A great book to get a basic understanding of the role restorative yoga can play in a person's life. A great book for anyone interested in lowering stress and improving health.

HappiMess Media: Would have liked to see more restorative poses -- some were repeated several times. I was hoping the book would be more creative and perhaps give suggestions on how to make many of the most common, widely practiced poses restorative (e.g., Warrior II lying down, and so on).

Laurie: Awesome. I latterly came across restorative yoga the place you thoroughly sit back and entry you parasympathetic frightened system. you utilize props like bolsters and blankets to lean opposed to and enable move completely. i'm taking a category yet learn this e-book to get the directions for doing it alone at home. for you to how to chill out and unwind from operating too much, jet lag, or simply life, this can be a needs to read. My physique is blissed out doing this type of yoga. Our society wishes extra leisure and this e-book is an efficient first step. After studying it, do it.

Marissa: remarkable creation to restorative yoga.

Jan: Restorative yoga is awesome. nice reference.

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