

Restorative Yoga

by Mary Foran

What is a Restorative Class like?

A Restorative Yoga class selects and sequences postures that move ALL the body's joints through their optimum range of motion so the musculoskeletal system is stretched and strengthens the compressed systems of the body to improve physical and energetic circulation. Restorative yoga focuses on selecting safe and accessible postures to create a restful and calming experience. Each class offers relaxation from head to toe through modified yoga postures (propped or modified to your flexibility, strength and ability), slow therapeutic movements, supportive meditations co-ordinated with specific breath practices (pranayama). In a 75min class you can expect to move through approximately 10 to 15 postures and/or movements that are instructed clearly and mindfully to help you build awareness to benefit your particular needs. Most of the class is done laying down on the floor, sitting or using the wall for support. You will be pleased how revitalized you feel after a class!

Who uses Restorative Yoga?

This is an Ideal class for those who wish to practice self-care, cultivate stillness, increase mobility, lower stress, have health concerns/injuries, or, want to support major life transitions with compassion. Experiencing this class can release the negative effects of a demanding life that may include: athletic pursuits, hormonal and mental difficulties, pregnancy, aging, change in job/residence/marriage or the passing away of a loved one.

Enthusiasts in body mechanics such as dancers, pilates teachers, yoga teachers and physiotherapist also love this practice to deepen their body awareness & grow their inspiration for personal and professional endeavors. Restorative Yoga can also be the chosen form of meditation that approximates the experience and benefits of regular sitting meditations. Other conditions that are well suited to this practice are those people dealing with pain in their Backs/Knees/Hips, Insomnia, Anxiety, Arthritis, High Blood Pressure, Diabetes or are differently-abled. This is an excellent class for practitioners when they are first learning yoga and want to develop a foundation of breath and body awareness.

What are some of the Benefits?

Develops awareness

- Awareness offer the experience of "presence", with presences you can fully experience your yoga practice and your life
- Deeply know your body and mind and safely increase physical flexibility and mental strength

Optimize Health & Healing

- activates the para-sympathetic system (rest-response) that governs the functioning of the: immune systems, digestive systems and the body self-repair system - All these functions support improved vitality
- excellent way to recover from injury or wear & tear from more active pursuits
- Makes available the benefits of yoga to those with decreased energy due and health issues that cause fatigue
- This slower form of yoga has advantage over more vigorous yoga styles to understanding and mastering the practice of conscious breathing

Available to all levels of experience & flexibility

- Safe postures and Slow movements supported by props in laying and sitting position make this posture accessible to all body sizes and abilities and age groups

Relieves Pain

- Both physical and mental suffering can be significantly reduces and let go through harnessing the deep calm attained in this meditative practice
- Decreased the use of pharmaceuticals to deal with pain

Creates Balance

- We all need to have time for quiet and calm to restore a sense of internal & external peace, this practice provides the space for that to unfold
- Attaining Yoga is perfecting the balance of all your energies, our western lifestyles heavily lean to an over-active life, while this practice can balance that tendency and give yourself a healthy way to treat yourself to something special

Increase Energy

- The intelligence that arises with awareness naturally releases wasteful physical and mental habits allowing your body and mind to be more efficient with increased energy
- When your mind and body are optimally aligned energy is limitless and possibilities are endless for what you can accomplish in your life

Self-Development

- The ability to be Compassionate, Patient and Humble improve in this self-reflective practice
- Approximates the experience of seated meditation offering an alternative to those who find sitting meditation difficult