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Restore and Rejuvenate

understanding the practice of Restorative Yoga

We work very hard in our lives, and while we may sleep, we rarely take time to rest. Restorative yoga poses help us learn to relax and rest deeply and completely. Also, helps relieve the effects of chronic stress.

During deep relaxation, all the organ systems of the body are benefited, and a few of the measurable results of deep relaxation are the reduction of blood pressure, blood sugar levels in the blood, the increase of the "good cholesterol" levels, as well as improvement in digestion, fertility, elimination, the reduction of muscle tension, insomnia and generalized fatigue.

The use of props in a Restorative yoga practice provides a completely supportive environment for total relaxation.



The more stress we experience, the more its effects compound within us. When stress becomes chronic, a residue builds up on the body that can lead to disease. The antidote to stress is relaxation. To relax is to rest deeply. Relaxation is a state in which there is no movements, no effort and the brain is quiet.



Learning to relax is at the heart of living well. Consider your practice an experiment which you carry out with the finest instruments at your command; your body, your breath, and your mind.



If you'd like to experience the wonderful benefits of a Restorative Class please contact me for additional information yogapathway@yahoo.com, <http://www.yoga-pathway.com> or Yoga Pathway on facebook.

Information on this brochure was taken from a book by Judith Lasater, Relax and Renew.