

## Restorative Yoga



- Based on relaxation with the use of props such as blankets and bolsters.
- Poses are held for longer than usual asanas (yoga postures).
- As you hold the pose and physical tension dissipates, your mind can enter a quiet, meditative state.
- Restorative yoga is about the 'undoing' of tight areas and an 'opening up' of the body. There is no strength or stretch work involved.
- Restorative yoga encourages the 'rest and digest' of the parasympathetic nervous system and is a 'stress buster'.
- Stress can cause a high secretion of the stress hormone cortisol and this increases abdominal fat. The practice of restorative yoga can calm you on all levels and stop this 'fight or flight' pattern characteristic of the sympathetic nervous system.
- The practices heal for the better - our physical body, our energy or 'breath' body, our emotional and 'mind body', our intellect, and our blissful layer of consciousness when we are unburdened by thoughts or worries. All these five aspects of our being will be healed.
- Restorative yoga is very suitable for you if you have been ill and are convalescing, if you have injuries, are pregnant, seniors or anyone dealing with extreme stress.
- If you want to reverse the harmful effects of stress, come to a Restorative yoga class!

### Feedback from people who attended Restorative yoga:

Thank you so much for the restorative session focusing on Yoga Nidra and relaxing poses. I gained so much from it and slept well that night! Your knowledge and expertise, as usual, shone through and it is evident that you put a lot of planning into the class. Chris - Jan '24

I find the Restorative Yoga classes very useful in dealing with stress and regularly use some of the techniques that Polly has taught me. Restorative yoga is the perfect way to unwind! Karen - June '22

I really enjoyed the relaxed atmosphere of the class. Loved that the poses were explained, demonstrated and that Polly circulates the class "tweaking" to make sure we are all comfortable. Great class, can't wait for the next one. Namaste. Alison - Nov '22