

Restorative Yoga: Antithesis Of No Pain No Gain Mentality




Image	Pose	Description
	Easy Anjali	Sit with legs crossed. Lower knees. Lengthen spine by stretching spine up. Bring hands into Anjali (prayer). Alternatives: Hero. Perfect. Lotus. Benefits: Flexibility in hips, spine. Engages core. Inner peace. Video: https://www.youtube.com/embed/JJ6yY3LV01s Precautions : Knee injury.
	Om	Repeat OM in your mind or out loud, then allow silence to enter your mind. The silence can last for one inhale or for several seconds. Repeat 3 times. OMMMM (SILENCE ON INHALE) OMMMM (SILENCE ON INHALO) OMMMM (SILENCE ON INHALE). Benefits: Calming. Video: https://www.youtube.com/embed/SBiwLibZqfw
	Palming	Sit or stand. Bring palms together. Rub as fast as possible to generate heat. Bring palms to eyes. Benefits: Soothing for nervous system. Video: https://www.youtube.com/embed/WECfyWVcRLU




Image	Pose	Description
	Reclined Bound Angle Bolster	<p>Get 2 blocks. Sit cross legged in front of bolster. Place block under right and left legs. Lean back onto bolster. Knees on blocks. Arms rest to sides.</p> <p>Alternatives: No blocks.</p> <p>Benefits: Renews body.</p> <p>Video: https://www.youtube.com/embed/zkNYj05ztQ8?rel=0</p> <p>Modifications: Use strap.</p> <p>Precautions : Disk injury.</p>
	Supine Bolster Hands Touch Elbows	<p>Put bolster to side. Lie on back. Bring feet close to buttocks. Lift hips. Slide bolster under back. Allow shoulders to descend. Let head touch floor. Reach arms up and behind. Fold arms so hands touch elbows. Relax face. Release on exhale by bringing arms to side.</p> <p>Benefits: Awakens spine. Increases lung capacity, metabolism.</p> <p>Video: https://www.youtube.com/embed/5F_I7Skf_4U?rel=0</p> <p>Modifications: Blanket under head.</p> <p>Precautions : Back injury.</p>
	Knee To Chest On Bolster	<p>Put bolster to side. Lie on back. Bring feet close to buttocks. Lift hips. Slide bolster under hips. Straighten one leg at a time. Bring knees to chest. Interlock fingers.</p> <p>Benefits: Squeeze abs. Releases tension in hips.</p> <p>Video: https://www.youtube.com/embed/zkNYj05ztQ8?rel=0</p> <p>Modifications: Bolster under back.</p> <p>Precautions : Knee injury.</p>

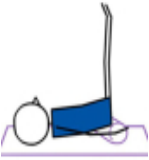


Image	Pose	Description
	<p>Legs Up On Bolster</p>	<p>Put bolster to side. Lie on back. Bring feet close to buttocks. Lift hips up. Slide bolster under hips. Raise legs.</p> <p>Benefits: Stretches back of legs, front torso.</p> <p>Video: https://www.youtube.com/embed/znSt8y4kib0?rel=0</p> <p>Precautions : Back injury.</p>
	<p>Supine Twist On Bolster</p>	<p>Lie on back. Knees bent. Feet flat on floor. Press into feet and lift hips. Place bolster under pelvis. Bring arms to side. Turn hips to side. Drop top knee over hip. Turn chest towards ceiling. Reach bottom leg away. Bring arms behind. Allow belly to drop to spine.</p> <p>Benefits: Stretches back. Lengthens spine.</p> <p>Video: https://www.youtube.com/embed/BDtDmSHSXML?rel=0</p> <p>Modifications: Rest left hand on knee to add weight.</p> <p>Precautions : Back injury.</p>
	<p>Supine On Bolster I</p>	<p>Lie on back. Knees bent. Feet flat on floor. Press into feet. Lift hips. Place bolster under pelvis. Bring arms out to side. Suck belly button in towards spine. Draw knees to chest.</p> <p>Benefits: Chest, neck, spine stretch. Rejuvenates legs.</p> <p>Video: https://www.youtube.com/embed/zkNYjO5ztQ8?rel=0</p> <p>Modifications: Folded blanket under shoulders.</p> <p>Precautions : Low back injury.</p>






Image	Pose	Description
	<p>Half Butterfly Side Bend</p>	<p>Sit with legs crossed. Extend right leg to the side. Bend left leg. Place right elbow on bolster or block (or hold ankle of right foot with right hand). Lower body over leg in a side bend. Raise left arm over head. Switch legs and repeat.</p> <p>Benefits: Stretches spine, shoulders, hams, groins.</p> <p>Video: https://www.youtube.com/embed/5oRORovDhYY</p> <p>Modifications: A) Folded blanket under knee of extended leg. B) Seated forward bend with both legs extended.</p> <p>Precautions : Back injury.</p>
	<p>Pigeon On Bolster</p>	<p>Bring bolster horizontally in front of you. Come into Down Dog with head just above bolster. Raise right leg. Sit right hip on bolster. Keep body upright.</p> <p>Benefits: Stretches thighs, groins, psoas, abs, chest. Opens chest.</p> <p>Video: https://www.youtube.com/embed/1PKtVAnadqg?rel=0</p> <p>Modifications: Place head on folded arms.</p> <p>Precautions : Knee Injury.</p>
	<p>Embracing Wings</p>	<p>Lie on stomach. Cross outstretched arms at shoulder height under body. Right arm in front of left. Palms facing up. Place block (or folded blanket) under forehead (or bolster under your chest). Give your weight up to the mat. If tips of fingers go numb, change position (e.g. with head up higher or moving arms a few up or down a bit). Swap sides.</p> <p>Benefits: Stretches back, legs, buttocks. Reduce stress. Improve posture.</p> <p>Video: https://www.youtube.com/embed/MZynS2i3n28?rel=0</p> <p>Modifications: Place forehead in Yoni Mudra.</p> <p>Precautions : Pregnancy.</p>

Image	Pose	Description
	Child On Bolster	<p>Sit with bolster between knees. Lower head & body onto bolster. Bring check to one side. Bring check to other side.</p> <p>Benefits: Stretches glutes, spine. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/zkNYjO5ztQ8?rel=0</p> <p>Precautions : Knee injury.</p>
	Peace Room Relaxation	<p>Close eyes. Imagine a secret room in your house that is dedicated to your Inner Peace. See yourself painting the room blue (peaceful colour), or any colour that you find peaceful. See yourself placing calming objects in the room (e.g. a statue of The Buddha, a vase filled with flowers, a sign that says "Inner Peace" on the door, etc). Go there in your mind when you need Inner Peace.</p> <p>Benefits: Renews body.</p> <p>Video: https://www.youtube.com/embed/7-5TCofaLbg?rel=0</p> <p>Precautions : Back injury.</p>

Lesson Plan Description:

A restorative yoga practice is the antithesis of the “no pain no gain” mentality.

Restorative yoga is a "no pain loads of gain mentality".

Restorative yoga doesn't do force. It does release. It does surrender. It does compassion. It does slow. It does stillness.

Life for most of us is fast. We're all rushing about. There's nothing wrong with rushing. But we humans don't do sometimes rushing. We do constant rushing. We do relentless on the go rushing. It's as if we believe that stopping, slowing, or calming will cause instantaneous death. Guess what. It won't. The only thing that will die is any strain you're holding onto.-

Have you ever asked yourself: "*What am I running away from?*" If you ask the question enough, you'll discover it's you. You're running away from you.

You are lovely.

You are fabulous.

You are important.

So, why don't you feel lovely, fabulous and important? Because you're rushing around.- It's time you mentally click the Stop Button. Go on. Click that big red Stop Button. Ah yes. Feels good, heh. Unfurl your yoga mat. And follow along with this restorative yoga practice.-

13 Reasons To Love Restorative Yoga

1. Enhances flexibility
2. Deeply relaxed body
3. Softens and surrenders the monkey mind
4. Improves capacity for healing and balancing
5. Balances nervous system
6. Boosts the immune system
7. Develops compassion toward others
8. Develops compassion toward self
9. Enhances mood states.
10. Slows down the pace of life

11. Soothing to the Nervous System
12. Encourages mindfulness
13. Cultivates heightened body awareness

You can create lesson plans like this using the [Genie Lesson Planner](#)