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 INHAL0) 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

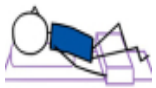
Image	Pose	Description
	Reclined Bound Angle Bolster	Get 2 blocks. Sit cross legged in front of bolster. Place block under right and left legs. Lean back onto bolster. Knees on blocks. Arms rest to sides. **Alternatives:** No blocks. **Benefits:** Renews body. **Video:** https://www.youtube.com/embed/zkNYjO5ztQ8?rel=0 **Modifications:** Use strap. **Precautions :** Disk injury.
	Supine Bolster Hands Touch Elbows	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. **Benefits:** Awakens spine. Increases lung capacity, metabolism. **Video:** https://www.youtube.com/embed/5F_I7Skf_4U?rel=0 **Modifications:** Blanket under head. **Precautions :** Back injury.
	Knee To Chest On Bolster	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. **Benefits:** Squeeze abs. Releases tension in hips. **Video:** https://www.youtube.com/embed/zkNYjO5ztQ8?rel=0 **Modifications:** Bolster under back. **Precautions :** Knee injury.

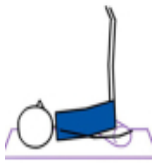
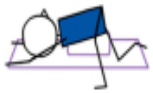
Image	Pose	Description
	Legs Up On Bolster	Put bolster to side. Lie on back. Bring feet close to buttocks. Lift hips up. Slide bolster under hips. Raise legs. **Benefits:** Stretches back of legs, front torso. **Video:** https://www.youtube.com/embed/znSt8y4kib0?rel=0 **Precautions :** Back injury.
	Knee To Chest	Lie on back with knees bent. Arms at sides. Palms down. Bend right knee to chest. Wrap hands around knee. Pull knee into abdomen. Release. Repeat on other side. **Benefits:** Flexes calves and hamstrings. **Video:** https://www.youtube.com/embed/ORy3oFGFCLw **Modifications:** A) Circling the knee. B) Forehead to the knee. **Precautions :** Back injury.
	Supine Twist On Bolster	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. **Benefits:** Stretches back. Lengthens spine. **Video:** https://www.youtube.com/embed/BDtDmSHSXLM?rel=0 **Modifications:** Rest left hand on knee to add weight. **Precautions :** Back injury.

Image	Pose	Description
	Supine On Bolster I	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. **Benefits:** Chest, neck, spine stretch. Rejuvenates legs. **Video:** https://www.youtube.com/embed/zkNYjO5ztQ8?rel=0 **Modifications:** Folded blanket under shoulders. **Precautions :** Low back injury.
	Lying Twist	Lie on back. Raise right leg up and roll it over to left side (foot touches floor). Spread legs wide. Put left hand on right thigh for leverage. Switch sides. **Benefits:** Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain. **Video:** https://www.youtube.com/embed/Tl9scRUR95g **Modifications:** Lift head up.
	Pontoon	Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Place block (or blanket) under the sacrum. Extend legs. Feet together and flat on the floor. Arms by your sides. **Benefits:** Chest, neck, spine stretch. Reduces backache. **Video:** https://www.youtube.com/embed/rKe5mMnT1sU?si=v_xsBh2jR2Hj5aEq **Modifications:** A) Baby Bridge (raise up to a comfortable position). B) Bridge with a blanket under shoulders. C) Bridge with leg up. D) Clasp hands around ankles. E) Block below shoulders. F) Feet close to a wall to prevent slipping. **Precautions :** Knee or neck injury.

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	Supine Block Upper Back	Lie on back. Block under upper back. Legs and arms apart. Feet to side. Palms up. Release back to floor. Close eyes. Inhale. Let abdomen rise. Exhale. Let abdomen fall. Feel heavy with each exhale. **Alternatives:** Savasana. Bridge pose. **Benefits:** Stretches hip flexors, intercostal muscles, belly, throat. Improves posture. Calming. **Video:** https://www.youtube.com/embed/YBe1nzunHJ0 **Modifications:** No block. **Precautions :** Back injury.
	Half Butterfly Side Bend	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. **Benefits:** Stretches spine, shoulders, hams, groins. **Video:** https://www.youtube.com/embed/5oROROvDhYY **Modifications:** A) Folded blanket under knee of extended leg. B) Seated forward bend with both legs extended. **Precautions :** Back injury.

Image	Pose	Description
	Pigeon On Bolster	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. **Benefits:** Stretches thighs, groins, psoas, abs, chest. Opens chest. **Video:** https://www.youtube.com/embed/1PKtVAnadqg?rel=0 **Modifications:** Place head on folded arms. **Precautions :** Knee Injury.
	Child On Bolster	Sit with bolster between knees. Lower head & body onto bolster. Bring check to one side. Bring check to other side. **Benefits:** Stretches glutes, spine. Relieves back pain. **Video:** https://www.youtube.com/embed/zkNYjO5ztQ8?rel=0 **Precautions :** Knee injury.
	Peace Room Relaxation	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. **Benefits:** Renews body. **Video:** https://www.youtube.com/embed/7-5TCofaLbg?rel=0 **Precautions :** Back injury.

Lesson Plan Description:

Theme: Restorative Yoga: Antithesis Of No Pain No Gain Mentality

Aims

To promote deep relaxation and stress relief through gentle, supported restorative yoga poses.
To encourage students to embrace a mindful approach to self-care, contrasting the "no pain, no gain" mentality.

Objectives

Introduce students to the benefits of restorative yoga and how it aids in stress reduction.
Guide students through a series of poses using bolsters and blocks to support the body in a fully relaxed state.
Foster awareness of breath and present-moment mindfulness to enhance the restorative experience.
Cultivate a peaceful mental state through the OM mantra.
Encourage students to integrate restorative yoga into their regular self-care routine for long-term wellness.

You can create lesson plans like this using the Genie Lesson Planner