



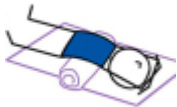

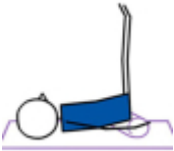



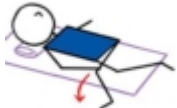

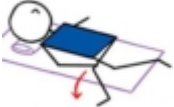

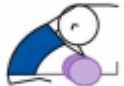





Restorative Yoga: Antithesis Of No Pain No Gain Mentality

 <p>Easy Anjali</p>	 <p>Om</p>	 <p>Palming</p>	 <p>Reclined Bound Angle Bolster</p>	 <p>Supine Bolster Hands Touch Elbows</p>	 <p>Knee To Chest On Bolster</p>
 <p>Legs Up On Bolster</p>	 <p>Knee To Chest</p>	 <p>Supine Twist On Bolster</p>	 <p>Supine On Bolster I</p>	 <p>Lying Twist</p>	 <p>Pontoon</p>
 <p>Lying Twist</p>	 <p>Supine Block Upper Back</p>	 <p>Half Butterfly Side Bend</p>	 <p>Pigeon On Bolster</p>	 <p>Child On Bolster</p>	 <p>Peace Room Relaxation</p>

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.