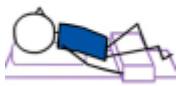
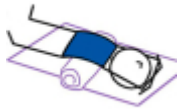
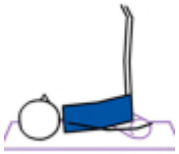
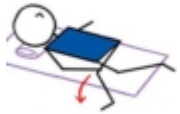
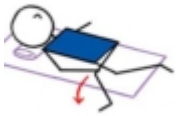
Restorative Yoga: Antithesis Of No Pain No Gain Mentality

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

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