

durga 
yoga + antenatal



Durga

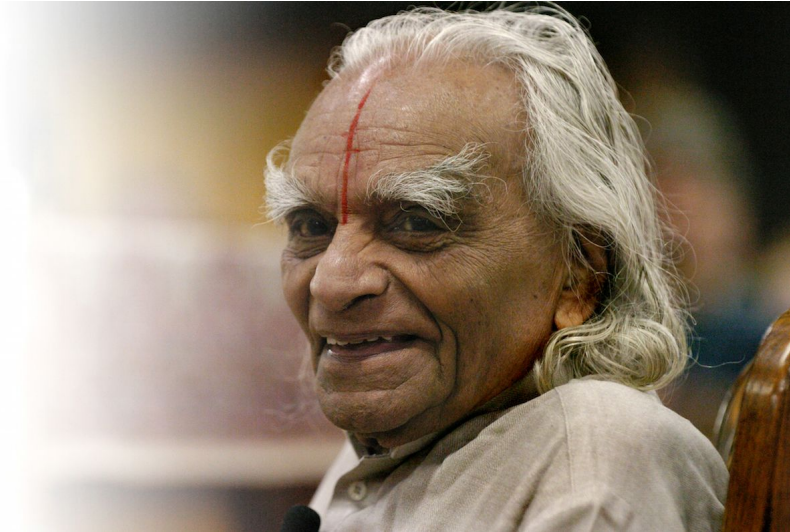
Yoga Teacher Training

Restorative Yin Yoga

The History



Restorative yoga
originates from the
teachings of BKS
Iyengar



Judith Lasater is well
known for bringing
restorative yoga to
many in the western
world



Restorative Yin

Restorative yoga is a therapeutic practice which originally was developed by BKS Iyengar who promoted supporting the body to help it heal and repair. We use the restorative practice to reduce stress, activating the parasympathetic nervous system which is responsible for the “rest and digest” activities that occur when the body is at rest. Restorative poses relieve the effects of stress by supporting the body, whilst twisting the spine in all directions, inverting the legs, soothing the organs and balancing the energy.

Benefits of Restorative yoga

The big difference between Restorative Yin Yoga and Traditional Yin Yoga is that there is no effort required in Restorative Yin. Though we often believe we have to 'work' to increase our flexibility, we can in fact, release tension by softening, relaxing and by fully supporting the body.

The key difference between Yin and Restorative Yin is the approach. During a Restorative yin, you stretch by relaxing fully in the pose (0 on the scale of 1-10) with the aid of a lot of propping. This helps you to activate the parasympathetic nervous system responsible for the rest and digest process, which in turn helps release feelings of overwhelm and burnout.



Benefits of Restorative yoga

- Deeply relaxes the body
- Stills a busy mind
- Releases muscular and fascial tension, improving mobility and flexibility
- Improves capacity for healing and balancing
- Balances the nervous system
- Boosts the immune system



Stress and the effect on the body



Restorative Poses

