

Restorative yoga is a practice that helps us slow down and open our bodies through passive stretching. It is a bit of a different experience than what most of us experience in a typical yoga class.

During restorative yoga, the forms or poses are held a little longer and our muscles are allowed to relax deeply. We use props, and sometimes plenty of them to help us support our bodies rather than our muscles. Usually this type of class has a quieter, more mellow vibe making it a good way to relax, unwind and let the body come into its natural state of rest and digest. It's all about slowing and can be an excellent antidote to all the stress we accumulate in our bodies and minds. Standing poses are not required in this class! The poses are a bit varied and usually adapted from supine or seated forms to eliminate unnecessary straining. This is so we can easily rest with minimal efforts.

Props such as blocks, straps, blankets and bolsters are used extensively to support the body and modify poses to fit the body, so to speak. For instance, a seated forward fold can become more restorative by placing a bolster or several folded blankets on top of your legs. This allows your entire torso to rest on the bolster with little effort required. Legs up the wall is a classic restorative pose that in this case uses the wall as a prop to passively stretch the back of the legs as well as provide a plethora of health benefits. After you are set up in a pose with all your props, you will hold for an extended amount of time – typically five, ten or even up to twenty minutes depending on the intention of the class.

Rest, relax and restore your mind and body with Restorative Yoga.