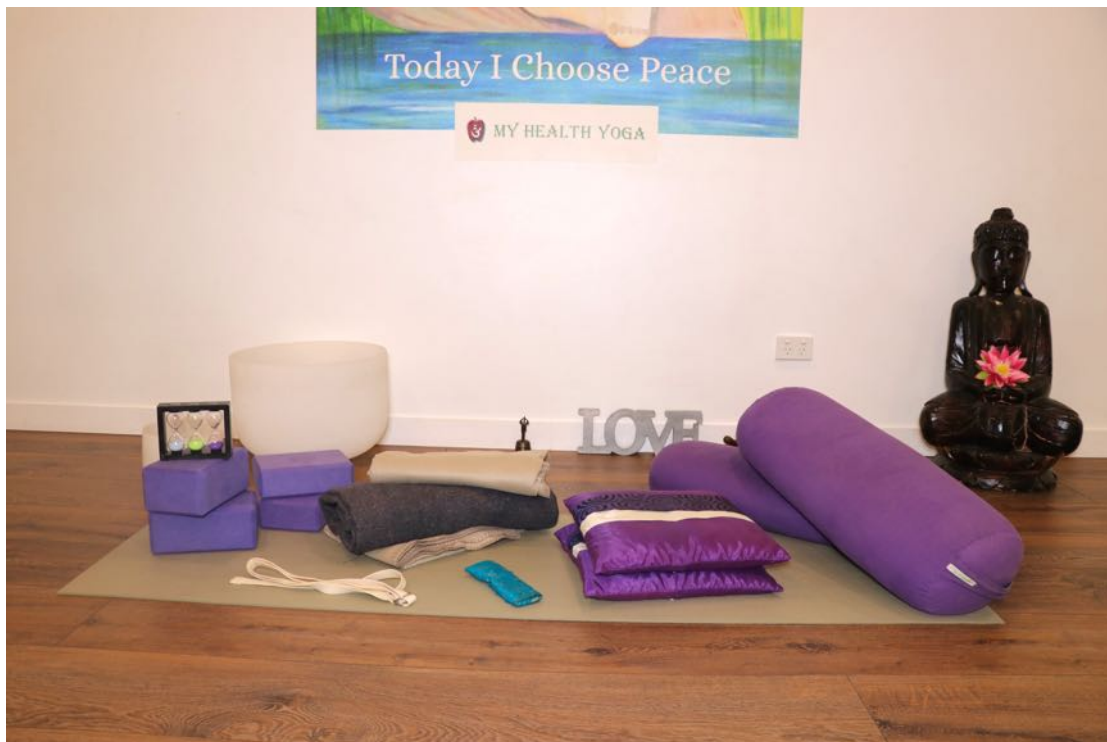


RESTORATIVE YOGA



There are no set rules for a Restorative Yoga class in terms for sequencing, however, we can lend some ideas from Hatha Yoga in the sense that we still require some gentle poses for introducing prana (lifeforce energy) into the body and for breath connection.

Please refer to the following pictures to assist in ideas for Restorative Yoga asanas that have been laid out in an appropriate sequence to awaken the body. There are many variations to each pose depending on who is in your class. Some students may require more props in order to create a comfortable position as in a true Restorative Yoga class, poses should be held for at least 5-20mins (as opposed to Yin Yoga poses which are held for 3-5 mins).

Be creative as you teach Restorative Yoga and direct your students to listen to the wisdom within themselves so they can establish the best pose to suit their physical and metaphysical (emotional, mental, spiritual) needs. There is a Divine Intelligence within each person that must be honoured in these feminine based practices. Encourage your students to practice the art of allowing.

Props are a key element in a Restorative Yoga class. Whilst you can improvise with cushions, scarves and blankets, some great props to make your Restorative Yoga class ultra relaxing and to create a healing environment are:

- Blocks
- Bolsters
- Eye Pillow
- Blankets
- Strap
- Cushions
- Tibetan Bell
- Singing Bowl
- Timer

Breath connection & Savasana are ideal to commence a Restorative Yoga class.





BACKBENDS



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CHILD'S POSE



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HERO POSE



MODIFIED HERO POSE



FORWARD BENDS



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SIDE LATERAL STRETCH



HIP OPENERS



PIGEON POSE



TWISTS





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Ending the class with Recovery Pose, Savasana or Legs up the Wall is ideal.

