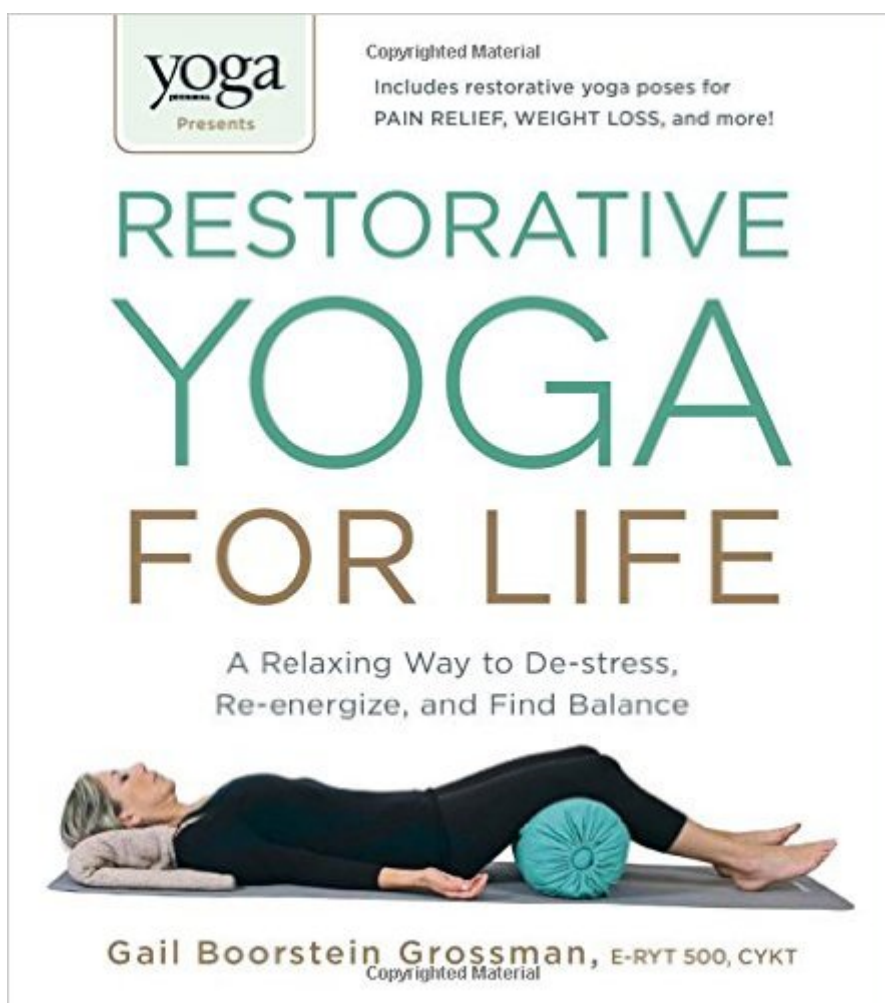


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# Yoga Journal Presents Restorative Yoga For Life: A Relaxing Way To De-stress, Re-energize, And Find Balance



## Synopsis

Restorative yoga poses for healing your mind and body! Written by instructor Gail Boorstein Grossman, E-RYT 500, CYKT, and published in partnership with Yoga Journal, Restorative Yoga for Life teaches you how to practice restorative yoga--a form of yoga that focuses on physical and mental relaxation through poses aided by props. It's a gentle yet empowering style that helps you de-stress and re-energize. While restorative yoga is beneficial for your entire body, Gail also shows you how to treat more than twenty ailments, such as headaches, digestive issues, and anxiety, through specific yoga poses and sequences. Guided by step-by-step instructions and beautiful photographs, you will gently ease your way into inner calm and better health with powerful yoga sequences. Whether you're having trouble sleeping, suffering from backaches, or just want to unwind after a busy day, you will find balance throughout your body, soul, and mind with Restorative Yoga for Life.

## Book Information

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## Customer Reviews

I am so, so impressed with this book and the wealth of information between its covers! There simply is no other book about restorative yoga quite like it (and I'm pretty sure I own them all!). Restorative Yoga for Life is an unbelievably thorough, extremely informative, exceptionally useful manual that can help both experienced yogis and curious newbies access the true benefits of a restorative yoga practice. The book explains how to use props, how to set up restorative poses, and how to sequence them, all so as to best achieve relaxation and healing no matter what personal or physical issues the reader hopes to address. The author is super-knowledgeable and yet so clear in the way

she disseminates that breadth of knowledge the reader feels like he or she has a private teacher right there in the room. As a yoga teacher myself, I find I'm referring to the book again and again not just to add a new dimension to my own more active practice, but to enhance my teaching and benefit my students (and my students are loving it!). So as a teacher, as well as a long time yoga practitioner, I highly recommend Restorative Yoga for Life.

I LOVE THIS BOOK! It has a wealth of valuable information. What the author says is true: "This book has been set up to help you take your well-being into your own hands". There is so much offered to help you understand why you should practice Restorative Yoga and how to do it. In addition to the actual yoga postures, so beautifully illustrated and explained, there are breathing techniques and bits of yoga philosophy and wisdom throughout the book. I know this is a book I will keep coming back to again and again, always learning something new that will help me find balance, health and well-being in my life. A big thank you to the author for such a comprehensive guide that we can all use to de-stress and re-energize.

This should be it. The only gripe I have with it is that a lot of the models are wearing black. It's really hard to see which leg is forward, etc, in a black leotard. Sure it's chic, but it impedes clarity. I get that they wanted to keep the yoga outfits simple so as not to distract from the mission but, yeah, even a grey outfit would have been better. I did appreciate that the pictures were relevant (no random pictures of tea or rocks or something to look more 'yoga' and pad out the page length), though. That said, this is an amazing resource. It starts with warmups, both physical and mental, and then devotes a chapter to each major type of pose, such as twists, backbends, forward folds, inversions, etcetera, giving several options for each type, and modifications in each pose, from not-flexible to flexible (I don't like calling poses 'beginner' because it implies that only newbies have mobility issues). The second half of the book gives restorative yoga routines for a variety of issues from insomnia to depression. (I did find that the women's issue section lacked a part for menstrual cramps or dysmenorrhea?), that are out of the box wonderful, and the book also guides the reader in how to make their own routine. You will of course need props, at the very least a block (or big book) and a rectangular bolster or folded blanket. Some of the modifications even use folding chairs! While there is no instruction on improvising props per se, many poses are accessible to people without a lot of official 'yoga' props. I know other poses that are not in this book, so it's not encyclopedic (for the record, I'm merely a yoga student who regularly attends restorative yoga classes, but wanted the option for home), but it is a solid foundation that will give any user the real

restorative yoga experience.

I have tried several restorative yoga classes and I felt renewed and relaxed afterwards. I am a yoga teacher and have since decided to make relaxation yoga practices a part of my expertise. I am on the mission to learn more about restorative yoga, yin yoga and yoga nidra. I purchased this book with intention on learning more about the poses and props used in the poses to make relaxation more accessible to practitioners and more enjoyable at the same time. I loved the colorful pictures of poses and variation of the poses. I also like the fact that book provides sequencing recommendations for classes that can range from 60, 90 to 2 hour sessions. This is definitely book and techniques that can be used in yoga studios (or at home) for as long as there are props available. I am planning to run several workshops using this book as a guide on how to sequence the practice. In the meantime, I am actively searching for restorative yoga mentor that can help me perfect this practice and learn even more. These poses are accessible to yoga practitioners at all levels and all ages. That is the beauty of it. It also provides a feeling of calm and peace which to some extent, we all crave in our daily lives.

This was the 2nd yoga book I'd bought after a car accident that caused pain in 3 areas of my back and after which I learned that I already had osteoarthritis along my spine. Yoga was recommended for the back problems and overall health benefits, including to alleviate mental stress. Due to the arthritis my upper back almost always feels stiff and in knots, and just a few minutes of some yoga positions helps a lot. The positions are helpful, and do not incorporate the tedious breathing exercises into them that my other book does. It has separate breathing exercises which I prefer. I especially like that this book is not full of cosmic poo or preaching. I'm so enjoying the yoga at home that I also bought some aids such as yoga blocks, yoga straps, and bolsters, plus some non-yoga exercise bands, nubbled foam rollers, etc..

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