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Relax And Renew: Restful Yoga For Stressful Times



Synopsis

Experience the rest of your life with restorative yoga, the supported poses, and breathing practices that will help you heal the effects of chronic stress. In *Relax and Renew*, the first book exclusively devoted to this work, you'll find:

- In-depth guidance in Basic Relaxation Pose (Savasana), the heart of restorative practice, as well as the Centering Breath
- A general restorative sequence that explores backbends, an inverted posture, a twist, cooling forward bends, and a variation of Basic Relaxation Pose (Savasana)
- Sequences for busy days, including a fifteen-minute practice, yoga at your desk, and the Totally Invisible Relaxation
- Programs for back pain, headaches, insomnia, jet lag, and breathing problems
- A special section for women during menstruation, pregnancy, and menopause
- A guide to props: what they are, where they go, how to fold and roll blankets, and around-the-house alternatives
- Supplemental resources, such as where to find a yoga teacher, recommended books, magazines, newsletters, audio programs, props, yoga vacations, etc.

Book Information

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Customer Reviews

This book could've been half as wordy and more understandable if the author had included some well-placed line drawings and callouts. Granted, most of the poses are so simple that one hardly needs more than a picture to do them successfully. But a few take some time to construct and understand. That's where some thoughtful diagrams, ****positioned on the same page as the written instructions****, would've been nice. I want to spend my time in the pose, not reading at length about the pose. For an example, check p. 33. "Supported Bound-Angle Pose is one of the most important

in the restorative series." I want to do that one, I thought! So I gathered together the props: bolster, 4 long-roll blankets, 1 double-fold blanket, belt, eyebag, and optional single-fold blanket. The picture shows a woman dressed in black lying on top of some dark or black-colored blankets and bolster. Hmm, hard to tell what's exactly going on there because everything's so dark. And the woman's body is covering up most of the props. Wish there was a line illustration -- maybe two side-by-side, one with just props and one complete? And some labels or callouts? I flip forward for the instructions which, by the way, span TWO PAGES. "...The bolster should support you from your sacrum to your head..." Okay, does that mean I'm sitting on the mat, or on the bolster, or hanging somewhere in between? Flip back to previous page. Hmm, can't tell by the picture. Flip forward again...read, read, read.... Flip back to picture. Flip forward to read. Flip back to view picture. See what I mean?

THE PURPOSE OF THIS REVIEW IS TO LET YOU KNOW THAT IF YOU HAVE THE FIRST EDITION, YOU WILL GAIN NOTHING BY PURCHASING THIS NEW EDITION. This book is fabulous for this type of practice, but the new release is a disappointment in that there is no change to the content except for being in a larger book size with some of the headings now in blue ink. The new edition material should have been reorganized so that all of the information for a particular pose was together in one place in the book. Then a section with sample sequences. As the book is presently presented, if you are following a sequence for a stress release class and the pose was presented earlier in the book, it refers you back for each of the details on setting up, being in, and releasing from the pose. Very frustrating to have to keep flipping all over the place. I am only giving two stars to the new edition because the content did not change, the presentation should have been restructured, not because the material is not good.

I cannot praise this book enough. I have a quite demanding job that often leaves me exhausted by the end of the day. There are days I come home with breathing difficulties, hurting eyes from sitting in front of the computer, headache, and tension in my whole body. I am so grateful for this book! The author says she was inspired to write this book after a person close to her died, and when she had insomnia. I believe she put her heart into it, because the book is really fantastic. I use it every day, and it covers the most important issues related to stress that you may have problem with. I use the basic routine with chosen 4-5 poses every day right after work. Sometimes, as today, I felt my breath was a little bit disrupted, and I did some poses from the routine for difficulties in breathing. It really worked miracles! I got rid of this heavy feeling in my chest, my eyes don't hurt anymore and

energy level is so much higher, just after about 20 minutes! The poses are thoroughly explained and the pictures show the poses. You don't need a lot of props, but you should have basic ones like yoga bolster or strap. Although, Judith has some alternative ideas if you don't have them. The only drawback is that some pages fell out quite soon after I started using the book. But this is the publisher's fault, so it is still 5 stars, and I would give 10 if I could! This book helps me to maintain mental balance and renew my body every day. Thank you Judith...

The picture illustrations in this manual are worth the price of the book. Each picture is accompanied by a description of the method of entry and exit from the pose, and its benefits. A beautiful book that belongs in every restorative yogi's collection!

Of all the Judith Lasater books, this is my personal favorite. This is a book for anyone and everyone. This book allowed me to continue to practice yoga during a severe medical crisis. I was told to do very little because of the catabolic state my body was in. I brought this book to my Doctors and received the ok. Daily practice helped me both physically and mentally. It is important to understand the effects a small amount of movement can have. This book illustrates that beautifully. Anyone who works with severely ill or unhealthy individuals will gain insight from this book on how to transition these people into exercise they can do safely. This book also addresses the mental component of healing through breath and meditation. This book is vital for anyone.

Relax and renew is a wonderfully restful way of rejuvenating myself. I've been taking some classes and wanted to do it at home when I didn't have time to make the classes. The pictures and instructions seem straightforward and followable, but I have been taught the forms in class so I might not be the best judge. Understanding that these forms help stimulate the parasympathetic nervous system [PSNS] and thus counter the overstimulation of the sympathetic nervous system [SNS] that is a chronic problem in our stressful society has given me added incentive to do these forms. And I enjoy them, too.

this is a beautiful book and a must-read for all yogis. it was actually required reading for my yoga teacher training, but i am soooo glad i had the opportunity to become acquainted with restorative yoga. whether you're a high energy, vinyassa, power yoga kinda person or a more slow-paced yin person this is an excellent supplementary practice for people at all levels.

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