

Relax and Renew Restful Yoga for Stressful Times



Relax and Renew

BOOK DETAILS

- Author : Judith Hanson Lasater
- Pages : 256 Pages
- Publisher : Rodmell Press
- Language : English
- ISBN : 1930485298

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BOOK SYNOPSIS

Whether you have five minutes or an hour, taking time out each day to relax and renew is essential to living well. This book presents nurturing physical postures and breathing techniques called restorative yoga. When practiced regularly, they will help you to:

- Heal the effects of chronic stress
- Recover from illness or injury
- Balance energy and quiet the mind

With clear instructions and photographs, *Relax and Renew* gently guides the experienced practitioner and enthusiastic beginner—regardless of age, flexibility, or strength—in techniques that will ease your way through this hectic world. The first book devoted exclusively to restorative yoga, *Relax and Renew* offers:

- A general restorative sequence
- Programs for back pain, headaches, insomnia, jet lag, and breathing problems
- A special section for women during menstruation, pregnancy, and menopause
- Routines for when time is limited, including one for the office
- Practical suggestions that help you prevent stress and live more fully in the present moment

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