



Relax and Renew: Restful Yoga for Stressful Times

Judith Hanson Lasater Ph.D.

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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

resources: where to find a yoga teacher, as well as recommended books, magazines, newsletters, audio programs, props, yoga vacations

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Gerald James:

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Christine Pena:

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