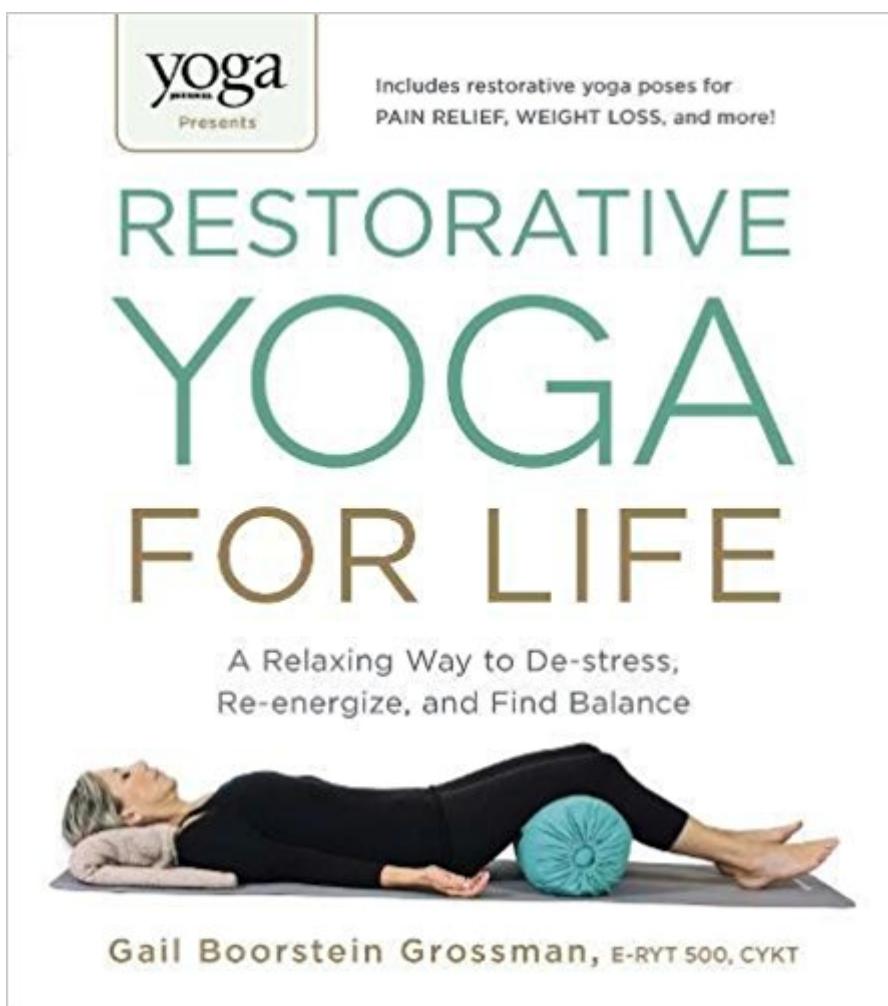


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# **Yoga Journal Presents Restorative Yoga For Life: A Relaxing Way To De-stress, Re-energize, And Find Balance**



## 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

"The book is easy to read, with a spacious layout and pleasant illustrations. The language is contemporary, casual, and conversational. Restorative Yoga for Life is recommended for people who want to experience...balance, relaxation and wellbeing." --New York Journal of Books

Gail Boorstein Grossman E-RYT 500, CYKT, opened Om Sweet Om Yoga in 2004 so that she could bring yoga to others. In addition to BeYoga and YogaKids certifications, Gail has completed

her advanced Relax and Renew Restorative Yoga Training with Judith Lasater as well as her 500-hour certification with Cora Wen, focusing on yoga therapeutics. You can visit her website at [www.omsweetomyoga.com](http://www.omsweetomyoga.com).

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 have taken lots of yoga classes in the past. I did lots of intense yoga including Iyengar and hot style. Now I have an autoimmune disorder and I need to do quiet, restful, healing yoga. This book is excellent. The description, instructions and photos are all clear and helpful.

Great details and pictures - I take a class at the Y, but wanted to augment at home. This is exactly what I was looking for.

This is my go to teachers reference when planning for a restorative class as well as reminders of options that can be used in my own practice. This is the best book I've seen for restorative yoga.

I started taking a restorative yoga class at the wellness center I was employed at last year and really missed it when I left my position there. This book has been the perfect replacement for me. sometimes I do the programmed sequences, sometimes I add some poses to the programmed sequences for a 2 hour practice, and sometimes I just pick out poses that I feel like I need for the evening. I recently went a week without my yoga and my body was not happy. It is amazing what a gentle practice does for you, even when you feel as if you aren't working at all.

Great intro to restorative yoga, perfect for developing a home practice. Nice intro to chakras, breathing techniques, etc. Love the recommended reading lists as well. The descriptions and details on all the poses are great, the photos make it very clear. Highly recommend this book!!!

Great book to learn some of the lower impact poses. I have RA and can not do any of the standing and kneeling positions, this book provides an array of sitting and on your back positions that do not put pressure on joints.

Excellent ! Easy to read and learn restorative yoga. Pictures complement the text. A pleasure to read.Sara, RN

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