

Restorative Yoga

The Restorative Yoga Program at Saint Alphonse uses physical postures, breathing, and relaxation as a means of healing body, mind, heart and spirit. The postures strengthen and tone every part of the body, including internal organs. Breathing exercises bring energy to the body and calm the mind. And relaxation is a great stress reliever!

Relaxation

Yoga means union – to join. The practice of yoga unites the body, mind and spirit and invites us to focus inward, learning how to maintain balance and a sense of well-being. Modern research has shown how yoga can:

- lower blood pressure
- reduce heart rate
- reduce anxiety and stress
- reduce pain
- enhance immune function, digestion, circulation and sleep
- improve depressive symptoms
- increase self-confidence, personal awareness, relaxation and overall fitness and well being.



Calming

Yoga is gentle and designed to create awareness, strength, and flexibility.

Restorative yoga places emphasis on calming the nervous system, passively strengthening the body and creating relaxation. It is something you can do for yourself and make it a life long practice. Restorative yoga is very gentle and can be practiced lying down or even sitting in a chair.

Our instructors bring healing energy and a peaceful spirit to their work.

- *Please wear comfortable clothing to allow free movement*
- *Be prepared to take off your shoes*
- *Avoid eating a large meal prior to class*

For more information or to register, please call ,
Cheryl Nelson, LCSW 367-3150.

This program requires a physician referral.