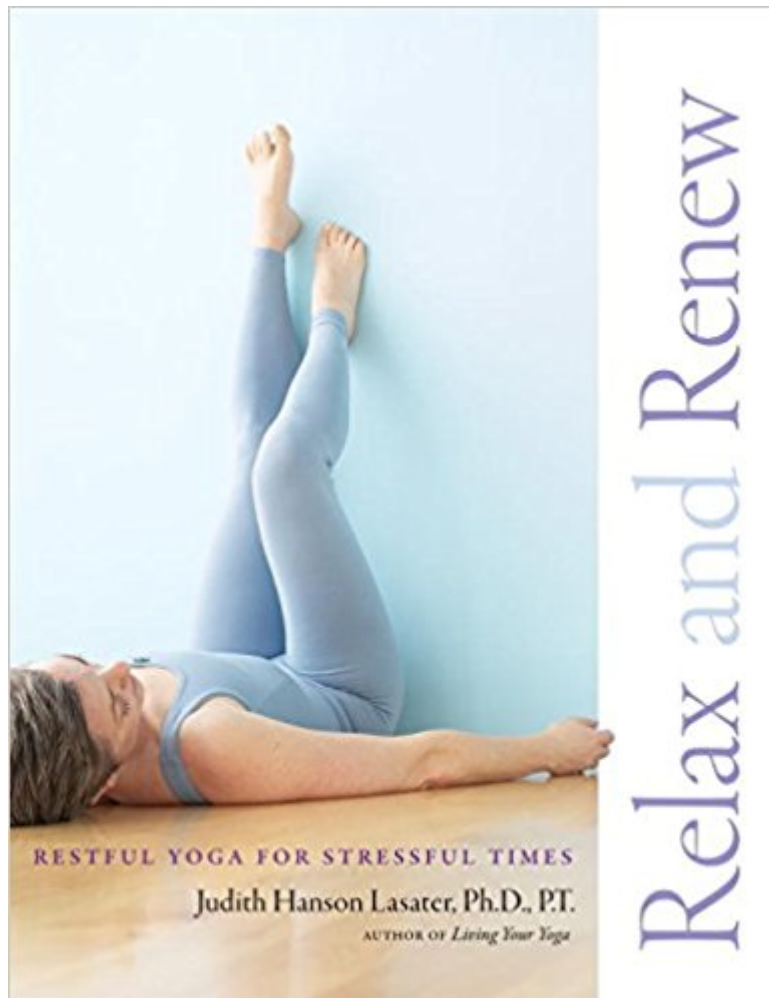




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# Relax And Renew: Restful Yoga For Stressful Times



## 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

Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Dr. Lasater is the president of the California Yoga Teachers Association and serves on the advisory boards of *Yoga Journal* and the Yoga Research and Education Center. Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches

ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra at the Iyengar Yoga Institute of San Francisco. In addition, she leads workshops and retreats throughout the United States and abroad. Dr. Lasater writes extensively about yoga. Her feature articles, columns, and essays appear in numerous books, magazines, and anthologies. She is the author of *Relax and Renew: Restful Yoga for Stressful Times*, the first book devoted to the supported yoga poses and breathing techniques called restorative yoga. Judith Lasater lives in the San Francisco Bay Area with her husband and three children.

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I and many of my friends are aging, and have various disabilities, including CFIDS/CFS/ME and, in one case, PPS. This is about the only yoga book I use now! I think Judith Lasater may have invented "relaxation yoga"

I don't recommend this book via kindle. You can't see the diagrams or photos well enough. Not my favorite book - too much information! Less is more sometimes.

Judith Hansen Lasater did an excellent job putting together stress releasing yoga sequences. Just what I was looking for. However, the Kindle version of the book is irritating to use, because rather than repeat instructions, Lasater refers you to the page on which they were originally described. This e-book is not searchable by page number, so when you're really STRESSED OUT and trying to unwind doing the exercises, you have to search the book for the instructions for how to set up the pose. My rating would be 5 stars except for this.

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.

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.

Judith Lasater is known as the Queen of Restorative Yoga - and she doesn't disappoint! For anyone that has an interest, passion, or simple curiosity about Restorative Yoga, this book is your bible. Like most (younger) folks, I didn't pay much attention to Restorative Yoga ... that was, until I came across this book & tested out a few of the poses for myself. First, Lasater's writing style is very informative without being complicated. You feel supported & encouraged by her simply intelligent choice of words. Second, though most of the poses in the various chapters are just slightly different versions of the ones before it, the variety of sequences & their supportive purposes are good for a lifetime. Third, the poses work, plain & simple. Try them all & I'm sure you will find a favorite (mine is Supported Bound-Angle Pose using sandbags instead of a strap). Whether you are used to practicing with a live Yoga teacher or not, Lasater's details for setting up, moving into, settling into, and coming out of each pose leave you confident that you can practice any restorative sequence on

your own. I haven't had the pleasure of reading any of Lasater's other 7 books, but I certainly want to read them all after my delightful experience with this tome. This is one of those books that you keep on your shelf for life, re-reading & using it more than often.

Repeat and Repeat should be the name of this book. With the many 5 star reviews, I thought this would be a very good book. And the lower star reviews don't mention that the routines are simply repeated over and over and over. The book is worth less than half the price charged. Need a routine for a General Restorative Practice? It is almost the same as the routine for Headaches, which is almost the same as the routine for Insomnia, etc. In other words, all the routines for various conditions are the same over and over and over again. Different advice is given for the various conditions, and that is worthwhile. But I was looking for something more meaty, as in three or four various routines that I could rely upon for my Restorative Yoga class but did not find it in this book. The author could have listed the one General Restorative Practice routine that is good for various conditions and, if necessary, provided some slight modification for various conditions, charged a lot less for the book, and I would have gladly given it a higher rating. Pros: Well written and beautifully illustrated book. The first few chapters (one through five) are very helpful. Cons: Nothing much is different after chapter five; the remaining chapters are basic repeats of chapter five (chapters 6 through 18)

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