

Restorative Yoga

1st Wednesday of each month
5:45 – 6:45 pm

Restorative yoga is a style of yoga that aims to reduce stress and elicit the relaxation response. It is a proactive way to counteract stress in your life and is beneficial for when you're feeling tired, weak, stressed, unwell or injured.

In restorative yoga the body is supported through the use of props (blocks, bolsters, blankets and straps) and held in relaxing and gently opening postures. Postures are held for long periods of time for example five to ten minutes, given this only a small amount of postures are taught during the practice. While in the postures there is no muscular contraction. The intent of the practice is to truly rest. No bookings required.

