

Restor' Yoga



: to bring back to or put back into a former or original state

Are you suffering from chronic pain?

*fatigue, ~ fibromyalgia ~ Lupus ~ cancer ~ heart disease ~ hypertension
stroke ~ asthma ~ arthritis ~ Osteoporosis ~ Diabetes*

Are you recovering from surgery or sickness?

Are you tired of feeling sick, stiff and uncomfortable?

Benefits of Restor' Yoga

Restor' Yoga is a gentle, therapeutic yoga practice that uses yoga postures supported with props to draw our senses "inward", allowing the body's own healing capabilities to awaken. These postures are different than other forms of yoga. They have an influence on the internal organ systems rather than the superficial muscles.

Restor' Yoga soothes the nervous system, helps you quiet your mind and invites you to release deeply held tension.

- Stress reduction
- Gentle lengthening of the muscle system.
- teaches the way to a deep full breath
- Brings body and mind back into balance
- Strengthens the parasympathetic nervous system, allows a deep sense of relaxation
- Returns you to a proper sleep pattern



Restor' Yoga is suitable for virtually everyone and postures can always be modified to adapt to mobility issues.

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