



# Relax and Renew: Restful Yoga for Stressful Times

*P.T. Judith Hanson Lasater Ph.D., Fred Stimson, Judith Lasater Ph.D. P.T.*

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# Relax and Renew: Restful Yoga for Stressful Times

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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, the author offers in-depth guidance in the Basic Relaxation Pose (Savasana), the heart of restorative practice. In addition, this book provides yoga 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; and resources for finding a yoga teacher, recommended books, magazines, newsletters, audio programs, yoga vacations, and more.

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