

RESTORE YOGA FOR FATIGUE



This deeply restorative sequence moves from gentle stretches to supported backbends, inversions and forward bends to allow for all systems of the body to recover. Ending with a Body Scan Meditation to bring you into the peace and stillness of the present moment, the nervous and hormonal systems receive the message that “all is well”.

This sequence can help counteract the effects that long term fatigue, physical and emotional stress have on our posture and our ability to function effectively both mentally and emotionally in our day to day lives. You will find yourself feeling calm, deeply refreshed and feel energy starting to build from within.

“While the challenges that naturally arise in an active life can build strength, resilience, and confidence, a critical ingredient to that growth is easy to forget in our hyperproductive culture: recovery time. You need to rest. It allows you to recover fully from all the stresses and strains of life, by relaxing muscles, lowering heart rate, and allowing your nervous system to stop constantly reacting. People come away from a Restorative Yoga class not only more relaxed but also more focused and effective”, says Iyengar Instructor and Sleep Researcher Roger Cole.

RECOMMENDED

CFS sufferers , the overworked , pregnant women, new mums, recovering from being unwell, and the proactive type who considers health a priority.

THURSDAY EVENINGS, 6:50^{PM} TO 8:00^{PM}

TERM FEE: **\$160**

CLASS NUMBER: **10 MAX**

CONTACT WENDY PURDON

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🌐 Visit My Website: **www.pukekoheyoga.co.nz**