



Restorative Yoga Therapy: The Yapana Way to Self-Care and Well-Being

Leeann Carey

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Restorative Yoga Therapy: The Yavana Way to Self-Care and Well-Being

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Foster Tranquility to Restore and Invigorate Body and Mind

Leeann Carey's approach to yoga, the Yavana Way, provides a unique and insightful refuge from the imbalances of our frenzied lifestyle. In this book, she introduces a prop-supported practice that will help deepen and extend the benefits of yoga. This restorative practice meets you where you are, using props to extend the time you remain in a posture and encouraging self-inquiry, reflection, and relaxation. The use of props allows everyone to receive the benefits of these poses, regardless of physical ability or injury.

Restorative Yoga Therapy includes over one hundred photos and clear instructions for seated and supine forward bends, back bends, twists, and inversions, as well as breath work and final relaxation poses. Carey also provides helpful hints and suggested poses to relieve common complaints, including stress, lower back pain, stiff shoulders, PMS and menopause discomfort, and overexertion.

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