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Nota di contenuto	Intro -- Title Page -- Copyright -- Table of Contents -- Foreword by Kavi Yogiraj Alan Finger -- Introduction: Life and the Importance of Pausing -- Chapter One: The Power of Slowing Down -- Slow and Steady Wins the Race -- Restorative Yoga -- Individualizing the Practice -- Lifeline Yoga -- Stress-Proof Your Life -- Chapter Two: The Science Behind Yoga -- The Balancing Act -- Enhancing Intelligence -- Spirituality Meets Science -- Neuroplasticity -- Life is Code -- The Different Faces of Stress -- Hypnagogic State -- Relaxation Response -- Tensegrity -- The Whole Equation -- Chapter Three: Restorative Techniques -- Finding Delight in Pausing -- Starting Point-Finding the "Yummy" State -- Props -- Techniques to Enhance the Effect of this Practice -- The Poses are the Heart of this Practice -- Pre and Post Restorative Asana Sequence -- The ISHTA Yoga Approach to Restorative Yoga -- Chapter Four: Surrendering into Balance -- Sequencing -- Essential Oils -- Restorative Through the Lens of Ayurveda -- Chapter Five: Meditations from the Mat -- On and Off the Mat -- Restorative Yoga in Combination with Sports -- Restorative Yoga and Coming Out of Exhaustion and Depression -- References -- Acknowledgments -- About the Author.
Sommario/riassunto	Restorative yoga is a gentle but powerful practice that is desperately

needed in today's crazy-busy culture. It is rapidly gaining in popularity around the world because of its ability to relieve stress, heal the body, and promote overall well-being. Here world-renowned yoga instructor Ulrica Norberg shows the simple poses that will help you release anxiety, promote digestion, relieve headaches, recover from injuries, and more. Bolster pillows, yoga blocks, and blankets are an important part of restorative yoga. Norberg shows how to get the most out of your practice by utilizing these simple, easy-to-find props. Yogis will discover the power of letting go in both body and mind, opening themselves to greater possibilities in their yoga practices and in life. Accompanied by gorgeous full-color images that are as inspiring as they are useful, this book will change your yoga practice forever.
