

Yoga Journal Presents Restorative Yoga for Life: A Relaxing Way to De-stress, Re-energize, and Find Balance

By Gail Boorstein Grossman

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Restorative yoga poses for healing your mind and body!

Written by instructor Gail Boorstein Grossman, E-RYT 500, CYKT, and published in partnership with *Yoga Journal*, *Restorative Yoga for Life* teaches you how to practice restorative yoga--a form of yoga that focuses on physical and mental relaxation through poses aided by props. It's a gentle yet empowering style that helps you de-stress and re-energize. While restorative yoga is beneficial for your entire body, Gail also shows you how to treat more than twenty ailments, such as headaches, digestive issues, and anxiety, through specific yoga poses and sequences. Guided by step-by-step instructions and beautiful photographs, you will gently ease your way into inner calm and better health with powerful yoga sequences.

Whether you're having trouble sleeping, suffering from backaches, or just want to unwind after a busy day, you will find balance throughout your body, soul, and mind with *Restorative Yoga for Life*.

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- Sales Rank: #31503 in Books
- Brand: Adams Media
- Published on: 2014-12-18
- Released on: 2014-12-18
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .80" w x 8.25" l, .0 pounds
- Binding: Paperback
- 256 pages

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Editorial Review

Review
"The book is easy to read, with a spacious layout and pleasant illustrations. The language is contemporary, casual, and conversational. *Restorative Yoga for Life* is recommended for people who want to experience...balance, relaxation and wellbeing." --*New York Journal of Books*

About the Author

Gail Boorstein Grossman E-RYT 500, CYKT, opened Om Sweet Om Yoga in 2004 so that she could bring yoga to others. In addition to BeYoga and YogaKids certifications, Gail has completed her advanced Relax and Renew Restorative Yoga Training with Judith Lasater as well as her 500-hour certification with Cora Wen, focusing on yoga therapeutics. You can visit her website at www.omsweetomyoga.com.

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