

Restorative Yoga Plus

You are only as young and healthy as your spine. This is a truism that all yoga practitioners know. Master yogi Iyengar developed the poses of Restorative Yoga to stretch and open the spine to allow healing energy to flow. In our yoga classes we use these poses along with props to individualize your practice, to enhance comfort, and to encourage the learned art of relaxation.

The “plus” in Restorative Yoga Plus is that it is not simply a technique but a guideline for living a balanced life. True healing happens in total relaxation and conscious awareness in the present moment. Keeping the spine open is key and the foundation for the deeper work. RYP focuses on the spine. (Through specifically designed postures, your spine will open, lengthen and strengthen. As these poses are held and supported by props, your body can release long held toxins and patterns that do not support health. Learning to breathe properly while you flex your spine increases the healing energy.)

RYP is unique in that it emphasizes feeling rather than thinking so that you turn down the voices of the external experts and learn to listen to your internal teacher, your body, and to become your own true friend. Your body is a tool for experiencing life, not just an ornament. RYP shifts the emphasis from appearance to feeling aliveness. This work nurtures your life force energy, stimulates consciousness and presence. As you become aware of your own experience you trust your body to teach you and balance is the result.

The essence of this work is awareness. You become aware by moving naturally and simply, slowly, with no effort. You learn to honor stillness as well as activity, to make space for quiet. Anyone of any age, weight, capacity can do this work. You are in charge of your body. **Respect where your ability is in the moment and your body will open to more awareness.** This process trusts the truth that our body, mind, spirit, and emotions function as a whole and always seek homeostasis. This balance is the result of self-correction and we support the process with quiet, awareness, presence, groundedness, and laughter.

You are entering a process . . . not a quick fix. RYP is an ongoing relationship of love and kindness for your body as you learn to listen to its messages. For instance, stress can be positive, energizing, and creative or destructive. With the body awareness this class offers you will learn to manage the messages. We are changing the focus from the medical world as our health authority to understanding doctors play an important role in wellness partnership with us. True healing happens in total relaxation and conscious awareness in the present moment. Balance, consciousness, and presence cannot be bought. You can't own them permanently or gain them from another. Your body offers at any moment you choose to make room for this quiet, relaxed space of just being.

Elizabeth Ellison has been a part of A Healing Place Center since 2004. She is a certified practitioner of energy balancing, a registered massage therapist, and doula. She has apprenticed with Deborah Singleton since 2000 and studied yoga principles with physical therapist Lisa Ann McCall. As a woman in her 60's Elizabeth has come to this work with a personal desire to find balance and comfort in her body . . . an ongoing journey.

If you have come to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together. An Australian Aboriginal Woman