

Gentle Restorative Yoga

Class 1: Introduction to Restorative Yoga**

- **Focus:** Basics of Restorative Yoga and Relaxation Techniques
- **Warm-up:** Gentle seated stretches, deep breathing
- **Main Sequence:** Supported Child's Pose, Supported Bridge Pose, Legs-Up-the-Wall Pose
- **Cool Down:** Savasana with guided relaxation
- **Highlights:** Introduction to props (bolsters, blankets, and blocks) and deep breathing

Class 2: Gentle Stretching and Breathing**

- **Focus:** Gentle Stretching with Breath Awareness
- **Warm-up:** Gentle neck, shoulder, and wrist stretches
- **Main Sequence:** Supported Reclining Bound Angle Pose, Gentle Twist, and Cat-Cow with props
- **Cool Down:** Seated Forward Bend, Savasana with focus on breath
- **Highlights:** Emphasis on synchronizing breath with gentle movement

Class 3: Balancing the Mind and Body**

- **Focus:** Mindfulness and Gentle Movement
- **Warm-up:** Mindful breathing and gentle joint movements
- **Main Sequence:** Supported Forward Bend, Gentle Side Stretch, and Restorative Twist
- **Cool Down:** Legs-Up-the-Wall Pose, Savasana with guided body scan
- **Highlights:** Incorporating mindfulness techniques into poses

Class 4: Opening the Hips**

- **Focus:** Gentle Hip Openers
- **Warm-up:** Seated hip stretches, gentle hip circles
- **Main Sequence:** Supported Pigeon Pose, Reclining Butterfly Pose, and Gentle Lizard Pose
- **Cool Down:** Supine Twists, Savasana with props
- **Highlights:** Focus on gentle hip opening and relaxation

Class 5: Easing Lower Back Tension

- **Focus:** Restoring and Relaxing the Lower Back
- **Warm-up:** Gentle lower back stretches and breathing
- **Main Sequence:** Supported Reclining Hero Pose, Gentle Backbend with bolster, and Cat-Cow
- **Cool Down:** Child's Pose, Savasana with lower back support
- **Highlights:** Techniques for relieving lower back tension

Class 6: Upper Body Release

- **Focus:** Releasing Tension in the Upper Body
- **Warm-up:** Gentle shoulder and neck stretches
- **Main Sequence:** Supported Forward Bend, Gentle Shoulder Opener, and Reclining Shoulder Stretch
- **Cool Down:** Supported Fish Pose, Savasana with focus on upper body relaxation
- **Highlights:** Techniques for releasing tension in the shoulders and neck

Class 7: Restorative Breathing Techniques

- **Focus:** Deep Breathing and Relaxation
- **Warm-up:** Breath awareness exercises and gentle stretches

- **Main Sequence:** Supported Reclining Pose with focus on breath, Gentle Side Bends, and Restorative Child's Pose
- **Cool Down:** Extended Savasana with guided breathing practice
- **Highlights:** Emphasis on deep breathing and its impact on relaxation

Class 8: Enhancing Sleep Quality

- **Focus:** Practices to Promote Better Sleep
- **Warm-up:** Gentle stretches to unwind
- **Main Sequence:** Supported Forward Fold, Reclining Leg Stretch, and Restorative Twist
- **Cool Down:** Legs-Up-the-Wall Pose, Savasana with calming visualization
- **Highlights:** Techniques and poses aimed at improving sleep quality

Class 9: Releasing Stress and Anxiety

- **Focus:** Stress Relief and Deep Relaxation
- **Warm-up:** Gentle breathing and relaxation exercises
- **Main Sequence:** Supported Bound Angle Pose, Gentle Side Stretch, and Restorative Forward Fold
- **Cool Down:** Supported Reclining Pose, Savasana with guided relaxation
- **Highlights:** Techniques to manage and release stress and anxiety

Class 10: Gentle Core Activation

- **Focus:** Gentle Core Engagement and Stability
- **Warm-up:** Gentle core activation exercises
- **Main Sequence:** Supported Reclining Pose with gentle core activation, Gentle Boat Pose, and Side-lying Twists

- **Cool Down:** Supine Stretching, Savasana with core relaxation
- **Highlights:** Gentle approaches to activating and relaxing the core

Class 11: Embracing Stillness

- **Focus:** Finding Stillness and Deep Rest
- **Warm-up:** Gentle stretches and mindfulness
- **Main Sequence:** Supported Savasana variations, Reclining Bound Angle Pose, and Gentle Meditation
- **Cool Down:** Extended Savasana with guided stillness practice
- **Highlights:** Techniques to deepen relaxation and stillness

Class 12: Inviting Flexibility

- **Focus:** Gentle Flexibility Practices
- **Warm-up:** Dynamic gentle stretches
- **Main Sequence:** Supported Forward Fold, Gentle Twists, and Reclining Leg Stretch
- **Cool Down:** Legs-Up-the-Wall Pose, Savasana with extended relaxation
- **Highlights:** Focusing on increasing flexibility through gentle stretching

Class 13: Restorative Yoga Flow

- **Focus:** Gentle Flow with Restorative Poses
- **Warm-up:** Gentle warm-up flow with breath
- **Main Sequence:** Gentle Vinyasa flow including Restorative poses like Supported Bridge Pose, Supported Forward Bend, and Reclining Twist
- **Cool Down:** Extended Savasana with focus on integration
- **Highlights:** Combining gentle flow with restorative practices

Class 14: Reflection and Integration**

- **Focus:** Reflecting on the Practice and Integration
- **Warm-up:** Gentle movements and reflection exercises
- **Main Sequence:** A comprehensive sequence integrating all elements from the series, focusing on relaxation and mindfulness
- **Cool Down:** Extended Savasana with guided reflection and gratitude practice
- **Highlights:** Reflecting on progress and integrating lessons learned throughout the series

Props:** Make extensive use of props like bolsters, blankets, and blocks to support poses and enhance relaxation.

-Modifications:** modifications and options for different levels of flexibility and comfort.

-Guidance:** verbal cues and demonstrations to guide students into restorative poses safely and comfortably.

-Mindfulness:** Encourage mindfulness and deep breathing throughout the practice to enhance relaxation and awareness.

This syllabus aims to create a comprehensive restorative practice that emphasizes gentle movement, relaxation, and mindfulness, fostering a deep sense of well-being and healing for students.