

Restorative Yoga Information Sheet

What is Restorative Yoga?

Restorative yoga seeks to achieve physical, mental and emotional relaxation with the support of blankets, bolsters, blocks and straps. Comfortable yoga poses are held long enough to invoke deep relaxation, which is healing to the nervous system, brain, mind and organ systems of the body.

Benefits include lowered blood pressure, improved immune function, digestion and fertility. In addition, restorative yoga is a powerful tool to reduce muscle tension and general fatigue, helping the body and mind restore vital energy levels. Regular practice makes the body less vulnerable to stress-related illnesses and helps to achieve optimal health.

Restorative yoga can also aid recovery from illness, injury or emotional depression and anxiety caused by traumatic events. Sessions stimulate the 'parasympathetic nervous system', otherwise known as the 'rest and digest system' (opposite to the 'flight or fight system'). This, in turn, encourages physical and emotional calm, helping to increase emotional resilience and positive thinking.

When and where are sessions provided?

Small group sessions are provided from The Haven, 70a High Street, Stony Stratford as follows:

First and Third Monday of every month

Morning class: 10.45am – 11.45am

Evening class: 19.15pm – 20.15pm

First session is offered free of charge. Subsequent classes are £10 per session.

Group sessions are kept to a maximum of 8 people to ensure optimal benefit for all participants, therefore, sessions **MUST** be pre-booked via email: emma@rebalancing-me.com, Facebook: Rebalancing-me or Instagram: Rebalancingme, to avoid overbooking / disappointment. See www.rebalancing-me.com for session dates.

Personalised 1-1 sessions and 2-1 sessions, usually in tailored four week courses, are provided from a private yoga room in Stony Stratford. Prices for personal sessions are £35/hour for 1-1 sessions and £20/hour each for 2-1 sessions. Session times and days are agreed in advance, according to availability.

Information about the teacher – Emma Bacon

Emma Bacon is a wellness coach and eating disorder specialist with a specific interest in how yoga can support emotional and physical health and recovery from a variety of issues. Emma is also a qualified Personal Trainer, Martial Arts Instructor, Nutritional Advisor and Author of 'Rebalancing Your Relationship with Food' and the 'Eating Disorder Recovery Handbook'. In addition, Emma is the Founder and Project Manager of 'Balanced MK – Eating Disorder Support Services', based in Milton Keynes.

On a personal note, Emma Bacon is married with two children. She has a dog, a rabbit and two pet pygmy goats, often spotted on their weekly walk around Stony Stratford. Emma volunteers at Whitespace Yoga and Meditation Studio, where she continues to learn and benefit from a wide variety of yoga styles and training opportunities.

Emma intends to expand her yoga classes to include Hatha Yoga (Flow) and iRest Yoga – a guided meditation yoga specifically designed to support recovery from trauma. See www.rebalancing-me.com for further information.

Information to note in advance of restorative yoga sessions:

- All clients should complete a Restorative Yoga Registration Form before attending a session. Registration Forms are made available before sessions, or can be downloaded from www.rebalancing-me.com in advance.
- No yoga experience is necessary.
- Please arrive 5 to 10 minutes prior to all sessions, to ensure that classes can start on time, without interruption (noting that The Haven front door will be open 15 minutes before class begins, but may be locked during the actual class times).
- Please wear warm comfortable clothing, remembering that your body temperature may drop during relaxation poses so layers are advisable.
- Please bring water in a closed container, if you wish.
- You will be in a better position to enjoy sessions if you feel neither full or hungry, so give some consideration to what you eat prior to sessions.
- Please ensure that electronic devices, such as mobiles phones, are switched off during sessions.
- Please avoid wearing strong perfume, cologne or scented cosmetics, as these may be off putting for other people.
- There is no need to bring a yoga mat or any other equipment as these will be provided for you (though you can bring your own if you'd prefer).
- Please note, there will be an opportunity to voice any questions or concerns at the beginning of (and during) sessions. Your instructor aims to fully support a positive experience so don't be shy if there's a way your instructor can enhance your comfort or experience.
- Restorative yoga sessions will focus on poses that allow for both physical and emotional release and relaxation. This may highlight internal thoughts or feelings. Although your instructor is not in a position to provide you with personalised counselling during sessions, they will ensure that you feel safe and supported.
- Restorative yoga sessions will always end with a little time for reflection and discussion.