

Restorative Yoga

Restorative yoga is the practice of yoga with the goal of resting and healing. The guiding principle is that support brings relief and relief brings harmony between the body and the mind. Props such as pillows, bolsters, and foam blocks are used as needed to guide the body into the most restful of poses and facilitate release of stress, anxiety, physical tension, and negative thoughts.

At Chrysalis Center, restorative yoga is typically combined with heart rate variability biofeedback and guided meditation in a Peaceful Parent or Centered Child session.



Restorative yoga is particularly effective with children who crave proprioceptive input. It also helps with balance, bilateral integration, self-regulation, and attention. Parents benefit from restorative yoga through the development of self-care skills to support reduced anxiety associated with parenting.