



Relax and Renew

Restful Yoga for Stressful Times

JUDITH HANSON LASATER, PH.D., P.T.

Second edition, paper, 256pp, 8 ½ x 11,
ISBN-13: 978-1-930485-29-7, \$23.95.

Pub Date: November 2011 ■ Distributed by Publishers Group West

WHETHER YOU HAVE five minutes or an hour, taking time out each day to relax and renew is essential to living well. This book presents nurturing physical postures and breathing techniques called restorative yoga. When practiced regularly, they will help you to:

- ▶ heal the effects of chronic stress;
- ▶ recover from illness or injury;
- ▶ balance energy and quiet the mind.

Now in a second edition with updated instructions, a full index, and a new design, *Relax and Renew* gently guides the experienced practitioner and enthusiastic beginner—regardless of age, flexibility, or strength—in techniques that will ease your way through this hectic world. The first book devoted exclusively to restorative yoga, *Relax and Renew* offers:

- ▶ a general restorative sequence;
- ▶ programs for back pain, headaches, insomnia, jet lag, and breathing problems;

- ▶ a special section for women during menstruation, pregnancy, and menopause;
- ▶ routines for when time is limited, including one for the office;
- ▶ practical suggestions that help you prevent stress and live more fully in the present moment.



A yoga teacher since 1971, **JUDITH HANSON LASATER** holds a bachelor of science degree in physical therapy and doctorate in East-West psychology. She is the president of the California Yoga Teachers Association and the author of several books about yoga, including *Yogabody*, *30 Essential Yoga Poses*, and *Living Your Yoga*. She lives in San Francisco.