
Restorative Yoga Therapy The Yapana Way To Self Care And Well Being By Leeann Carey

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leeann carey yoga teacher

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'restorative yoga pose of the week seated forward bend

June 3rd, 2020 - restorative seated forward bend can improve digestion reduce fatigue and may lower blood pressure this forward bend will provide a gentle stretch in the lower back and hamstrings this pose is

calming to the nervous system and will decrease energy in the body forward folds can be challenging to those with tight hamstrings or a 'learning to wait at the yavana being restorative yoga June 4th, 2020 - bliss yoga recently hosted leann carey for the yavana being restorative yoga therapy training this was such a great opportunity to learn about developing a supportive practice and i am eager to share about the experience a year or so ago i became more interested in taking up a more restorative practice'

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