



[Sample Pages from:]

Restorative Practice Photo Guide
and so much more....

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Receptive Nest® at Home

Suggestions for developing a home practice

This booklet was designed primarily to support the restorative practice that you have learned in a Receptive Nest workshop. Included you will find:

- * Photos of us in the restorative poses (but remember that you might need to arrange the props differently for your body).
- * A section explaining the general physiology of relaxation and conditions needed for the body and mind to relax.
- * A section explaining the physiology of each restorative pose.
- * Ideas about what to use for props if you don't have the standard yoga props.

Handle with Care – Different Approaches to Yoga Practice

We suggest that you practice in a way that creates the most comfort for your body and mind. If you can, try to do some restorative yoga everyday.

If you already have a movement-based yoga practice and are able to continue all or some aspect of it, perhaps adding some restorative poses will cultivate a deeper sense of grounding and connection to yourself.

If you're a seasoned practitioner with a vigorous practice, sometimes just adapting some aspect of it will bring more spaciousness to the process of trying to conceive.

When at home, please allow your practice time to be uninterrupted by anything. Turn off the phone ringers and turn down the answering machine volume. Gather your props and find a quiet place where you won't be disturbed. This is time just for you, time for your body to relax, your nervous system to return to balance, time to rejuvenate.

Practice Time – How Much is Enough?

When time is short and the mind is frazzled, try choosing a favorite pose or two and practicing for 10 to 20 minutes. If you can fit in only 10 minutes, great. You may wish to do a pose in the morning for 10-15 minutes and another in the evening for 10-15 minutes. You can choose the same pose or poses everyday or vary them daily according to your wishes. If you can, commit to a longer restorative practice, once a week, of 30 minutes or more. If days go by with no practice, don't worry, just return to your restorative practice when you can.

Getting Comfortable, Body and Mind – Ideas About Pose Set-Ups

Set up each pose so that you feel you could stay for a good long time. If you become uncomfortable or you begin to feel agitated, try adjusting your props. If that doesn't work, then come gently out of the pose and if you have time, try a different one.

Remember, when you come out of the restorative poses:

- * Bend one knee at a time.
- * Roll to your side and rest there for a bit.
- * Use your hands to push up to a sitting position; your head will be the last to arrive.

For this practice, your breath and your personal comfort are your guides. In a time when all our lives are full of stresses, allow your practice to be imperfect. Whatever you experience when you practice is just fine. Some days we are able to go deep into our relaxation response and some days, even with fabulous set ups and perfect conditions**, we just don't get there.

Rely on your own experience of what feels nurturing to you and keep your body, breath and mind suggestible.

When Obstacles Arise...

Throughout our own years of trying to conceive, there were times when we felt we could trust our own instincts and times when we felt disconnected from them. When we felt stuck, we tried to remember that there was often undetected movement and change happening. Our yoga practice was shifting, rearranging and opening energetic pathways on a visceral level. Occasionally, however, the changes we perceived, however subtle, felt unsettling.

There may be days you also feel distanced from yourself. Encountering agitation, anxiety, fear and sadness can be part of the process. When that happens, return to your breath, and draw upon whatever wisdom resonates for you. In the resource section, located in the back of the booklet, you'll find some books that we find particularly soothing and inspirational.

We hope you will continue to find support, solace and peace of mind from this yoga practice.

**conditions needed to elicit the relaxation response are located in the "How to Relax" section of this booklet.

Supta Baddha Konasana

Reclining Cobblers Pose



Props:

- 1 or 2 blocks
- 1 rectangle bolster, sofa cushion (or 2 or 3 long fold blankets)
- 3 square fold blankets for head and arms (blankets under arms are optional)
- 2-3 single rolled blankets or 1 round bolster for legs
- sandbag for feet (optional)
- eye pillow

Setting Yourself Up

1. Place a bolster or 2-3 long fold blankets toward top of your mat vertically with a square fold blanket, for your head, at the top of the bolster.
2. Place blocks under the blankets or bolster to lift head/chest end of the bolster up to a comfortable angle. If using rectangular bolster, you can place 1 long fold blanket on bolster with about 6" on floor and the rest of the blanket on the bolster. This will add extra cushion for your sacrum and tail bone.
3. The 2 or more rolled blankets are placed on either side of the mat where your legs will be (or you can use a round bolster to support your legs).
4. Place the square fold blankets where your arms will rest.
5. Sit with your back to the bolster, pelvis lightly touching the edge of the bolster, with soles of feet together.
6. Place a rolled blanket under each thigh, knee and shin so inner thighs are comfortable (you can use the round bolster to support the legs if it feels better). If using sandbag place over feet. Lay back over bolster.
7. Place square fold blanket under the head and neck.
8. Place eye pillow over eyes if using one.
9. Rest your arms on the square fold blankets if using them.

Avoid this pose if you have disc disease, chronic sacroiliac problems, spondylolysis (calcium build up inside spinal column) or spondylolisthesis (vertebrae dislocates slightly forward).

[Note: The complete booklet includes a dozen pages with poses like this page.]

About Barrie & Karen



Barrie began studying yoga about 12 years ago and received her first teaching certificate in 1997 from Cyndi Lee, director of Om Yoga Center in New York City. In 2005 Barrie received her Relax and Renew teaching certification from Judith Lasater and in 2006 she received her advanced Relax and Renew teaching certification also from Judith Lasater. She continues to study with several master teachers. Barrie is also a registered yoga teacher with the national certifying organization Yoga Alliance. In recent years, she has focused on women's issues and taught for Baby Om (a class for moms and babies) for four years. She feels yoga helped her and her husband tremendously through years of trying to conceive which focused her interest into yoga and fertility. She lives in New York City with her husband and son.

Karen has been a student of yoga for the last 15 years. She received her Hatha Yoga teaching certification from Cyndi Lee, director of OM Yoga Center, in New York City in 1997. She became certified in Yoga of the Heart, yoga for cardiac rehabilitation, created by Nischala Joy Devi in 1999. In 2005 Karen received her Relax and Renew teaching certification from Judith Lasater and in 2006 she received her advanced Relax and Renew teaching certification also from Judith Lasater. Karen is also a registered yoga teacher with the national certifying organization Yoga Alliance. The beneficial affects yoga has on the physical and emotional challenges many of us face has always interested Karen. She became specifically interested in how yoga benefits fertility when she and her husband began trying to conceive in the fall of 2002. Karen lives in Westchester with her husband, daughter and their 2 cats.



Karen and Barrie both used yoga successfully to navigate the emotional and physical stresses that came with the challenging years of trying to conceive. The workshop is a direct result of their experiences and explorations.