



Adeline Tien: Hit the Pause Button - Restorative Yoga for Everyone



Adeline Tien is a yoga teacher and movement educator. She specializes in Restorative Yoga, somatic mindfulness, and slow movement exploration and rehabilitation. Gather your blankets and pillows and experience deep, conscious rest as you release stress and embody the benefits of doing less.

TOP EMBODIMENT TIP: Feel your feet on the ground. Breathe. Be kind to yourself and know that whatever you feel is valid. Intrinsically, all of us are good people and you are not the stories you tell yourself. You are bigger than that. And we need you here in this world, every single one of you.

Slowing Down: How to Set Up Your Restorative Yoga Practice

- It is all about how you feel taken care of; make this practice your own.
- **Allow the mind to be quiet; rest the senses.**
- You don't want to create too much of a stretch sensation because if you are feeling sensation of any sort, the nervous system is going to be waiting and watching for what's going to come next.
- Use props (e.g. blankets, pillows, yoga blocks) to allow the muscles to rest;
- **When the nervous system knows that the body is taken care of, that it is held and supported, it can let its guard down and relax.**

Restorative Yoga Practice:

Theme: Water. Make your movements fluid.

- Lie on the ground (with your knees on floor, feet bent OR legs extended)
- Feel the outline of the imprint of your body on the mat. Let the body be heavy. Welcome the breath.
- Allow slow, gentle, movement before coming into stillness. There is no right or wrong. **How your body feels is always going to be the truth.** Just notice what you feel without giving it a label, be curious.
- Give yourself permission to do a little less: a little less holding, a little less bracing. **All information is good information.**

Restorative Poses: know that you do not have to be still; adjust and move until you're comfortable.

- Give yourself permission to do a little less, to soften a little more, to be effortless.
- When you switch to the other side, feel free to explore and get comfortable; it doesn't have to mirror what you did on the first side.
- **Allow your breath to soften the edges that you carry around you.**

Resources

❖ **Website:** www.atyoga.asia



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Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.