



BENEFITS OF
Restorative
Yoga

Benefits of Restorative Yoga

Known as the exercise where people “take a two-hour nap while getting massaged,” restorative yoga has a lot of healing properties for people while they age and those who are recovering from injury. Dawn Avent, an instructor at Cool Asana in Southern Pines, shares with each of her classes that during this type of yoga, all the instructors are there to provide care for the participants.

It's not surprising that it's so relaxing, considering that restorative yoga balances the nervous system back to a parasympathetic state. When people are in fight or flight (like combat veterans), the sympathetic nervous system is at work. Over prolonged periods of time, it can wreak havoc on the body. Simple positions that activate the parasympathetic nervous system can balance the body and put it in a state of relaxation.

Avent, who assists the Gagens in their practice, highlights some of the health benefits to people over 50 who attend a restorative yoga class.

How many poses are done in the two hours?

Six to eight poses are held. A couple instructors walk around the room assisting and massaging the students while students are in the yoga positions. It helps the students relax.

Why is restorative yoga beneficial?

It relieves the tension from the sympathetic nervous system being activated and relaxes the body.

What are the benefits to people over 50?

It's an easy class to become familiar, especially in the cool environment so people don't have to be concerned about the heat. People over 50 have been beating up their bodies for a long time and restorative yoga is beneficial for that.

What is the take-away from restorative yoga?

There are many. There is balance. It's gentle and powerful. You'll notice for the next few days that you'll sleep better and have higher energy levels.

What do you love most about restorative yoga?

I know how I feel after a massage. I'm floating. The weight is lifted off my shoulders, everything is right with the world. When I see people leave, they have that same look on their faces.

What was the best comment you heard from a student?

I overheard a husband tell his wife, “I can't believe you haven't told me about this. It's like adult nap time.”



Let someone take care of you for once.

Your kids. Your parents. Your friends and colleagues. Maybe even your grandkids. But have you thought about who will care for you when the time comes? It's something most of us don't like to think about. However, taking the time to put a long-term care plan in place now can save you and your family a lot of stress in the future. A plan will also ensure that you'll get the care you need and that you'll be in control of selecting how and where you'll receive care.

What exactly is long-term care?

Long-term care is a variety of services that help meet the personal needs of people with physical or cognitive impairments who cannot care for themselves for long periods of time. The largest part of long-term care is assistance with everyday tasks like bathing and dressing.

You have many choices when it comes to long-term care.

Talk to me about starting your planning process today.



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is on your side

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