



# Restorative Yoga Therapy: The Yapana Way to Self-Care and Well-Being

*Leeann Carey*

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“Yapana” is an ancient Sanskrit word meaning, “the support and extension of life.” Author Leeann Carey was inspired by this concept to create her unique, inclusive approach to yoga. Here, all body types, phases of life, and levels of fitness and ability are welcomed. Carey meets readers where they are with strategic support. Yoga fundamentals — posture (asana) and breath control (pranayama) — are augmented by props that allow practitioners to hold and deepen poses. The props she suggests are not exotic (and include chairs, pillows, and walls). The beloved and recently deceased B.K.S. Iyengar worked with these types of supports. Drawing on this lineage, Carey uses props not to water down poses but to fulfill yoga’s most fundamental goal of offering a path to living a more mindful and wholehearted life. In this kind of practice there is no competition with the self or with others. Instead the practice facilitates awareness, acceptance of what is, and joyful movement toward what is possible.

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