

Teacher Resource: Core + Restore in Practice

A Free Teacher Resource from Living Lotus Online Studio

1. Introduction

Welcome!

This resource was created for yoga teachers, movement educators, and mindful fitness professionals who are curious about integrating **core strength and restorative practice** in a way that supports real bodies, real nervous systems, and real-life demands.

Inside, you'll find:

- The philosophy behind the Core + Restore approach
- Clear explanations of *why* pairing strength with rest works so well
- Practical pose pairings you can explore in your own practice or bring directly into class

The ideas shared here are inspired by the **Core + Restore Series**, available inside Living Lotus Online Studio. This guide offers a window into that approach — one rooted in sustainability, nervous system awareness, and strength that actually supports life off the mat.

2. Teaching Philosophy & Approach

Core + Restore is not about doing less — it's about doing what actually supports the body.

In modern life, many students are either:

- Over-exerting and under-resting
- Or resting without enough engagement to support posture, joints, and daily movement

This approach intentionally pairs **intentional core activation** with **deep, supported restoration** to create balance in both the muscular and nervous systems.

At its core, this work:

- Builds spinal support, postural resilience, and breath-led stability
- Encourages nervous system down-regulation and recovery
- Supports circulation, lymphatic flow, and immune health
- Reduces the “boom and bust” cycle of overdoing and burnout

Rather than treating strength and rest as opposites, Core + Restore treats them as **partners**. Engagement creates circulation and awareness; restoration allows that work to integrate.

This methodology is deeply influenced by **trauma-informed teaching**, encouraging:

- Choice and autonomy
- Clear, non-demanding cueing
- Emphasis on sensation and internal experience over external shape

The goal isn't fatigue — it's *support*.

3. Why Core + Restore Works (The Science, Simply)

Sustainable strength requires recovery.

Effective restoration works better when the body has been gently activated.

From a physiological standpoint:

- **Core work** improves spinal stability, breath coordination, and proprioception
- **Restorative shapes** support the parasympathetic nervous system, lymphatic movement, and tissue hydration

When paired together:

- Core engagement improves circulation and neuromuscular communication
- Restorative poses enhance recovery, reduce inflammation, and support immune function
- The nervous system learns that effort can be followed by safety and rest

This is especially supportive for students managing:

- Back pain
 - Chronic stress or anxiety
 - Fatigue or burnout
 - Neurodivergent nervous systems
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4. Core + Restore Pose Pairings to Try

Each pairing below demonstrates how intentional effort and intentional rest can coexist within one class or practice.

1. Boat Pose (Navasana) + Supported Bridge (Setu Bandha Sarvangasana)

Boat Pose

- Strengthens deep core and hip flexors
- Supports spinal integrity and posture
- Encourages breath awareness under mild effort

Supported Bridge

- Opens the chest and front body
- Gently mobilizes the spine
- Supports circulation and nervous system calming

Why they work together:

Core activation creates stability; supported backbending restores length, breath capacity, and ease.

2. Plank (Forearm or High) + Child's Pose (Balasana)

Plank

- Builds full-body integration
- Strengthens shoulders, core, and stabilizers
- Enhances focus and proprioceptive awareness

Child's Pose

- Gently decompresses the spine
- Signals safety and rest to the nervous system
- Allows breath to slow and deepen

Why they work together:

Plank primes awareness and circulation; Child's Pose prevents gripping and supports integration.

3. Locust Pose (Salabhasana) + Supported Reclined Twist (Supta Matsyendrasana)

Locust Pose

- Strengthens the posterior chain
- Supports spinal extensors and back health
- Improves postural endurance

Supported Reclined Twist

- Mobilizes the spine gently
- Encourages lymphatic flow and digestion
- Releases residual tension after effort

Why they work together:

Back-body activation followed by rotation restores balance and reduces compression.

4. Side Plank (Vasisthasana) + Legs Up the Wall (Viparita Karani)**Side Plank**

- Strengthens obliques and lateral stabilizers
- Supports functional core strength
- Improves postural resilience

Legs Up the Wall

- Encourages venous return
- Supports lymphatic drainage
- Promotes deep nervous system rest

Why they work together:

Lateral strength supports daily movement; inversion-based rest supports recovery and immune health.

5. Teaching Notes & Tips

- **Cue for sensation, not shape:** Invite students to notice effort levels and breath quality.
 - **Rest is not a reward:** Treat restorative shapes as an essential part of the practice, not an afterthought.
 - **Offer options freely:** Reducing load or time under tension often increases effectiveness.
 - **Precision builds sustainability:** Smaller, intentional effort supports long-term strength better than overexertion.
 - **Let the nervous system lead:** If breath shortens or tension spikes, it's time to restore.
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Teacher Offer & Next Steps

Want to explore this approach more deeply?

The **Core + Restore Series** — along with a full library of core, restorative, and mindful movement classes — is available exclusively inside **Living Lotus Online Studio**.

If you're a **yoga teacher, Pilates instructor, or movement professional**, we'd love to support your continuing education and personal practice.

Email info@livinglotusonline.com to receive a teacher discount on our monthly membership.

Explore the full series, gather inspiration for your own classes, and connect with a grounded, supportive community that values sustainability over burnout.