

## SAMPLE INFORMATIVE SPEECH

### RESTORATIVE YOGA

HOOK

We've all heard about yoga. It seems like regular yoga practitioners walk around with a little bottle of zen in their pocket. But, for those interested in the practice, it can seem quite overwhelming to contort their bodies into tree poses, downward dogs, and head stands. What about restorative yoga?

THESIS STATEMENT

It's a practice where, for the bulk of the time, students sit or lay in comfortable positions while performing slow stretches.

BODY:  
POINT 1

Restorative yoga slows the body down and acclimates it to long, slow stretching. In fact, in a single restorative yoga class, students might not move much at all! Maybe they'll only explore three or four new postures. But, their bodies will be stretching; their minds will be healing; and peace will be apparent.

BODY:  
POINT 2

Throughout the long holds of restorative yoga, the body's muscles are allowed to relax deeply. And, because it's a long, slow process, practitioners don't feel the pressure to keep up with a ton of different poses. It's all about slowing down and limbering up.

BODY:  
POINT 3

This form of yoga utilizes a lot of props. So, rather than forcing the muscles to do all the heavy lifting, there's the added benefit of a prop. Students might lean on a large block, instead of propping up on their hands and straining the wrists. This makes the stillness that is sought in this practice more attainable, especially among novices.

CONCLUSION

Yoga as a whole is known to bring tremendous peace into the lives of its practitioners. Clinical research has proven that it can lower stress levels, reduce bouts of depression, and even manage levels of toxicity in cancer patients. Even though restorative yoga has its roots in an ancient artform, it continues to glaze its practitioners in a multitude of benefits. That's not too shabby for an hour spent on three to four new postures.