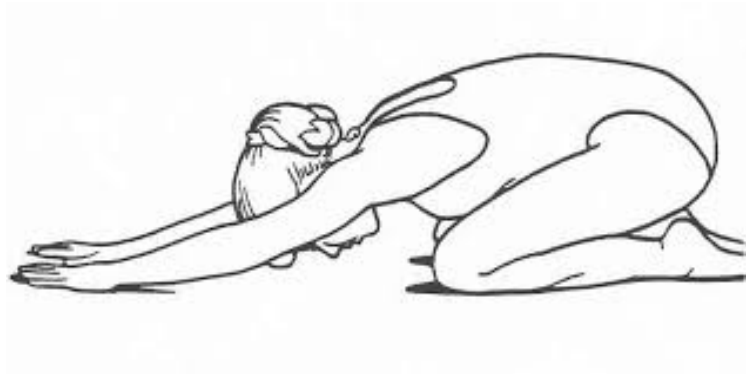


YOGA POSES THAT CALM ANXIETY

Child's Pose

Releases tension in the neck, shoulders and back. Used as a relax and regroup pose in between other more challenging ones in some yoga classes. Promotes deep breathing and self-soothing.



Tree Pose

A great distraction from anxiety triggers. Promotes concentration, awareness of your physical self and focus in order to maintain balance. Calms a racing mind by forcing it to stay in the present.



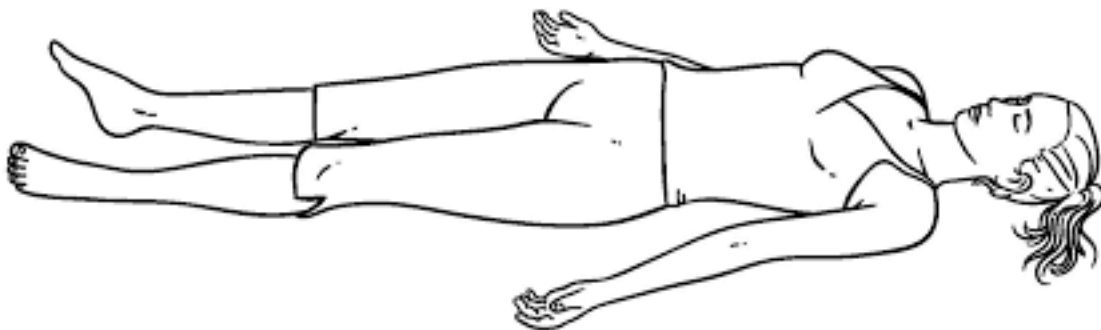
Legs Up the Wall Pose

Relieves lower back pain, lowers blood pressure and helps soothe menstrual cramps. Allows for open, deep breathing and total relaxation. Feel free to use a pillow or blanket to support your lumbar spine. Very conducive to snoozing!



Corpse Pose

Often called the ultimate relaxation pose as it allows the body to sink deeply into the floor. Great for deep breathing. Very useful for calming feelings of being overwhelmed. Also conducive to snoozing!



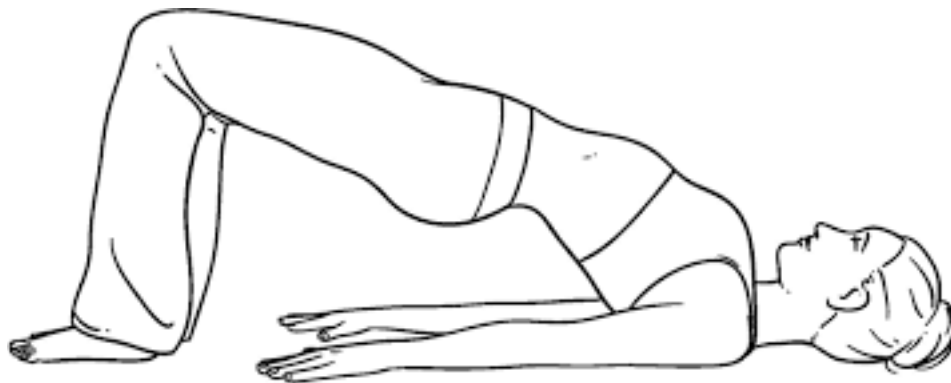
Standing Forward Bend Pose

Calms nervous system through gentle inversion. Releases tension in upper body. Touching the floor is not required—just go as far as you can and hang...



Bridge Pose

Great for releasing stored tension and emotions, this gentle inversion opens the chest and changes the direction of blood flow.



Downward Facing Dog Pose

Also known as the upside-down V pose. Lengthens spine, neck and shoulders. Relaxes the head by increasing blood flow.



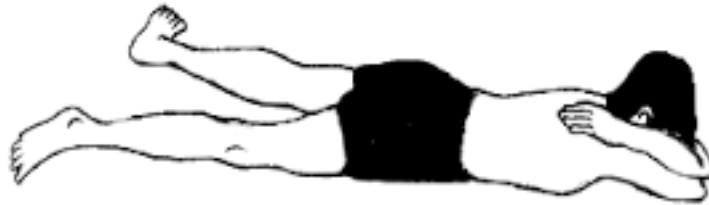
Extended Puppy Pose

A mix between Child's Pose and Downward Dog, this total body stretch really relaxes the body and mind by lengthening the spine and opening the chest. If you are feeling constricted by tension, this is an excellent pose...



Crocodile Pose

Great for diaphragmatic breathing and deep relaxation. Also regulates blood pressure and reduces overall tension. Very good pose to use upon waking up in the morning, particularly if you wake up anxious and/or congested as this position promotes proper breathing.



Happy Baby Pose

Gently stretches hips, groin and lower back. Releases neck strain and tightness. If you spend a lot of time at the computer, this is a great pose.

