

Yoga to the Rescue!

POSES FOR STRESS

Try this gentle practice to relieve the effects of stress.

When you're feeling overwhelmed, a restorative yoga practice can calm your jangled nerves. Anne Pearce, director of stress management, the Preventive Medicine Research Institute offers this 15-minute stress-releasing routine that you can do in the comfort of your own home.

1 Mountain Pose

Rise up through the crown of the head, while draping the shoulders down the back.



2 Cobra Pose

Lift the chest forward and up from the heart center, squeeze the elbows together, and draw the shoulders downward.



3 Locust Pose

Elevate your chest and legs, pressing your hips into the floor and pulling the shoulders down.



4 Wind-Relieving Pose

Draw the knee into the chest, and the nose toward the knee. Relax the shoulders downward. Switch sides.

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5 Seated Forward Bend

Extend the spine and heart forward over the legs, and move the buttocks back.



6 Legs-up-the-Wall Pose

With a bolster or blanket beneath your sacrum, firm your legs enough to hold them vertically in place, and release your torso into the floor.

7 Fish Pose

Press your forearms against the floor to lift your chest and head. Lightly place the crown or back of your head back down, keeping the thighs firm.

9 Easy Pose

In an easy cross-legged position, elongate the heart upward and soften the face in gratitude for your heart-opening practice.



8 Half Spinal Twist

Anchor the left elbow outside the bent right knee. Inhale and lift the sternum upward; exhale and twist to the right. Switch sides.

