



Welcome to Your Yoga Journey!

Congratulations on taking the first steps to use yoga to go from frazzled to calm.

Set a time for one minute and do one of the following practices until your timer goes off.

Yoga Practice Options:

- Box breath (Inhale to a count of four, hold for a count of four, exhale for a count of four and hold for a count of four)
- Pay attention to each step of a routine task
- Pick 1 pose from the list in Appendix A, breath naturally and hold the pose for at least one minute
- Journal (write all that comes into your thoughts/consciousness)
- Move in any way that moves you

Remember your way is the best way to practice yoga!
Just keep practicing!

Appendix A

5 Yoga Poses to Help Relieve Stress:

1. Ragdoll: a great pose for relieving lower back pain and to release anything that doesn't serve you.



Start standing tall, feet grounded, hands by your side. Inhale, lift your arms to the sky, look up. Exhale, bending at your waist, fold forward, allowing your head and arms/hands to relax. Bend your knees as much as you need to so your chest meets your thighs. Place each hand in your elbow creases, slightly tuck your chin and allow your head to fall heavy towards the ground.

Continue to deeply inhale and exhale, allowing gravity to move your body deeper into the pose. When you are ready to release the pose, inhale and slowly roll up, coming back to the starting pose, standing tall.

2. Easy Pose: an excellent pose for tight hips



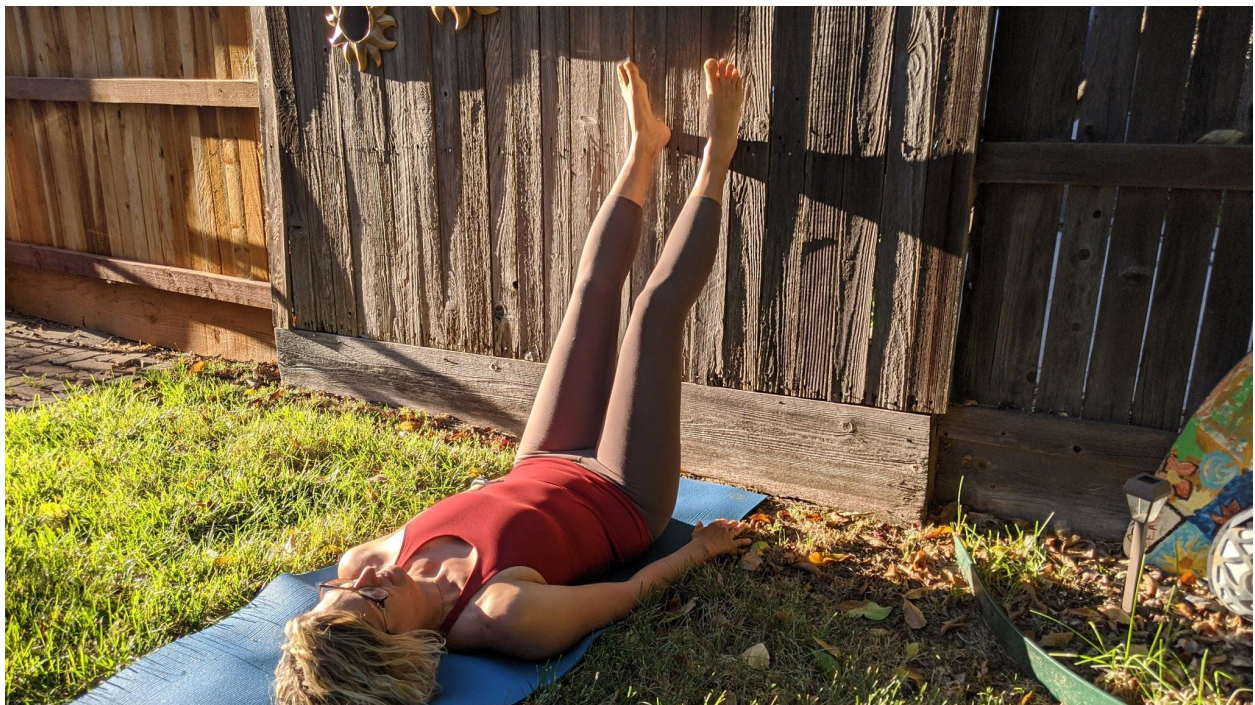
Come to a comfortable crossed legged position on your mat. Place one or two thick books or blocks underneath your sitting bones. Doing this allows your hips to sit higher than your knees which makes the pose more comfortable. Place your hands on your thighs or knees, hands up or hands down. Close your eyes, if you are called to do so, and breathe normally. When you are ready to come out of this pose, gently open your eyes and extend your legs long in front of you for a few moments, observing and resisting the urge to shake out any discomfort.

3. Sphinx Pose: used as a resting or yin pose, you are able to find release in your upper back and your glutes.



Lie down on your belly and pause. Place your left forearm on the mat, with your left elbow right under your shoulder. Do the same on the right side. Take a deep breath, releasing any tension in your glutes and/or lower back. If called, you can close your eyes and tuck your chin in towards your chest. Breathe here letting gravity move your chest and hips into a deeper stretch.

4. Legs up a Wall: an excellent pose to counteract a day spent on your feet.



Sit with your left hip about five inches from the wall. Lean back onto your elbows as you swing your left leg onto the wall, followed by the right one. You will be lying down on your back with both feet resting on the wall, your knees should be slightly bent to avoid injury. Your arms may be by your sides, over your head or bent at the elbows forming a 90 degree angle (or goalpost).

5. Savasana (Corpse) Pose: Your final resting pose



Lie down on your back in a comfortable reclining position. Arms by your sides, the palms of your hands can be facing up as demonstrated here or facing the earth. Let your feet relax and fall open like

a book. Take a deep breath in and as you release, feel your body relax into the support of the earth.

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Note: Please move slowly when starting any new physical activity. None of the information presented here replaces the advice of your physician or other medical professional.