

DAILY STRESS RELIEF

Gentle Yoga Sequence for Mindfulness

Child's Pose

Balāsana • Hold for 10 breaths

Cat-Cow Stretch

Chakravakasana • 5 fluid rounds

Forward Fold

Uttanasana • Relax neck and head

Legs Up The Wall

Viparita Karani • 5-10 minutes

Tree Pose

Vrksasana • Focus on balance

Corpse Pose

Savasana • Total stillness

Inhale Calm • Exhale Tension