

STRESS RELIEF YOGA

A 15-Minute Calm & Grounding Sequence

01 - 3 MINUTES Child's Pose (Balasana) Knees wide, big toes touching. Sink hips to heels and rest forehead on the mat. Breathe into the back body.

02 - 2 MINUTES Cat-Cow Stretch Inhale to arch the back (Cow), exhale to round the spine (Cat). Synchronize movement with deep breaths.

03 - 2 MINUTES Standing Forward Fold Slight bend in knees. Let the head and neck hang heavy. Hold opposite elbows and sway gently.

04 - 3 MINUTES Legs Up The Wall Rest your back on the floor with legs vertically up against a wall. Arms relaxed at your sides.

05 - 2 MINUTES Reclined Spinal Twist Lying on your back, drop knees to one side while looking towards the opposite hand. Repeat on both sides.

06 - 3 MINUTES Corpse Pose (Savasana) Lie flat, eyes closed. Release all tension from the jaw, shoulders, and mind. Complete stillness.

Focus on slow, rhythmic breathing throughout the practice.