



YOGA FOR ANXIETY

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Yoga is a way to self soothe when you are experiencing anxiety or stress. You can practice these five poses whenever you're feeling anxious, to help ground you back to the present moment. Focusing on your breath in each pose can help quiet negative mental chatter and boost your overall mood.

MAY YOU FEEL CONNECTED & GROUNDED

CHILD'S POSE



Begin on your hands and knees with your big toes touching. Your hands should be directly under your arms, and your legs should be hips-distance apart. Exhale as you bow forward allowing your torso to rest on or between your thighs with your forehead on the mat. Keeping your arms long and extended, press into your hands keeping your sitz bones on your heels. Hold this pose for about 10 to 12 breaths. When finished, slowly use your hands to walk your torso upright and sit back on your heels.

TREE POSE

Standing tall with your feet hip-width apart, shift your weight to your right leg. Bend your left knee, and place the sole of your left foot into your inner right thigh or just below the knee, with your toes pointing toward the floor.

Center your pelvis so that it is directly over your right foot. Press the sole of the left foot into your inner right thigh while resisting with your outer right thigh.

Place your hands into prayer with your thumbs at your heart center. Extend your arms up when you feel stable. Center your gaze facing forward. Hold for 3 to 5 breaths, then repeat on the other side.



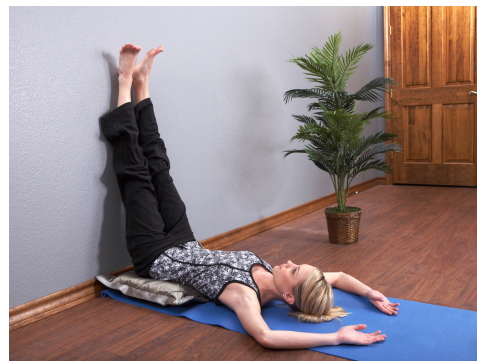
STANDING FORWARD BEND



Stand with your feet about hip-width apart and your hands on your hips. Exhale as you hinge at the hips to fold forward, keeping a slight bend in your knees. Drop your hands to the floor or bring them behind the legs. Tuck your chin into your chest. Release tension in your lower back and hips. Your head and neck should hang heavy toward the floor. Hold this pose for up to one minute.

LEGS UP THE WALL

Roll up your yoga mat about halfway and rest it directly at the wall. Sit with your left or right side resting as close to the wall as possible, just outside your mat. In one steady movement, swing your legs up onto the wall and rest your shoulders and head onto your mat. Slowly ease yourself forward until your buttocks and hamstring area touch the wall. Allow yourself to close your eyes and relax. Stay in this pose for 5 to 10 minutes. When you're ready to come out, swing your legs to the left or right of your body.



RECLINED BOUND ANGLE



Lie on your back and bring the soles of your feet together. Place cushions under your knees or hips for support. Place one hand on your stomach area and one hand on your heart, focusing on your breath. Stay in this pose for 5 to 7 minutes.