



A Wellness Institute

Calming Yoga Poses

Supported Child's Pose



This safe and nurturing pose can help create a sense of grounding in the body

Dolphin Pose



This variation of down dog can help stretch the neck and spine, calming the mind and reducing anxiety

Supported Legs up the Wall



This centering pose is wonderful to do before sleep. Its calming inversion effect can also reduce anxiety.

Supported Savasana



This pose it encourages total relaxation in the body. Try it with blankets and bolsters for extra support.

Supported Seated Forward Fold



Forward folds are stress reducing poses that help relieve anxiety and depression.

Calming Eye Palming



This pose helps relieve the eye strain and calm the mind. Try it with your favorite aromatherapy oil on your wrist.