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.