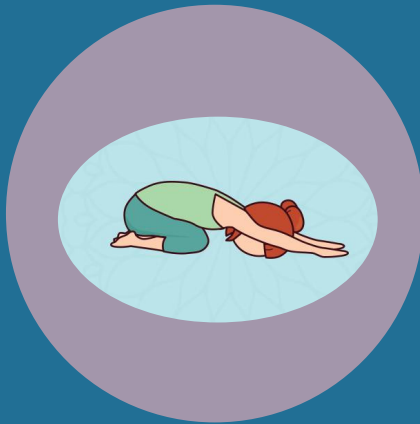




Calming Yoga Series



Supported Child's Poses

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



Dolphin Pose

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



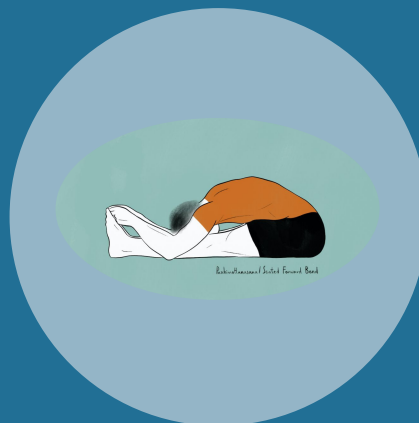
Supported Legs Up the Wall

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



Supported Savasana

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