

Yoga Poses For Stress Relief



Child's Pose

Contributes to feelings of safety and comfort and allows you to tune out distractions.



Standing Forward Fold

Increases the exhale breath and releases tension in the legs.



Seated Side Bend

Releases tension in the neck and shoulders - a common place for people to hold their stress.



Yoga Poses For Stress Relief



Legs Up The Wall

Great to do before bed - calms the heart and mind.



Triangle Pose

Provides a full body stretch that helps relieve tension in the body.



Eagle Pose

Helps you to concentrate on your balance, alleviating stress in the mind.

