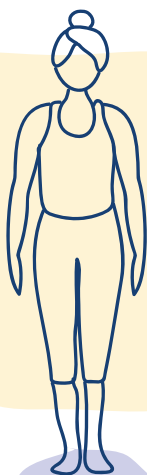


# Supporting your wellbeing with Yoga

Yoga can soothe the symptoms of stress and anxiety. Practice in the comfort of your own home to boost your mental wellbeing. These exercises can be used daily in a slow mindful flow sequence, or practice your favourites in times of need. Take notice of how you are feeling in each pose and spend as much time as you need to before moving on.



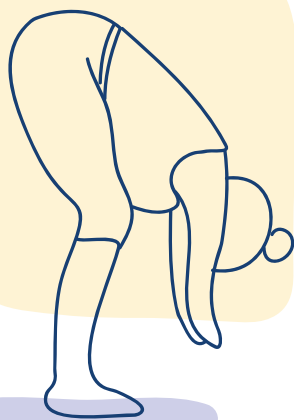
## Mountain pose

### Tadasana

- Stand tall, roll shoulders back. Draw belly button to spine. Strengthen legs & close eyes.
- Inhale (nose) to the count of 6 seconds
- Exhale (nose) to the count of 6 seconds
- Do this 5 times

**WHEN?** If you need to feel strong, steady, connected or centred.

**EXTRA TIP:** If you are feeling worried or anxious add tightening the inner thighs and bottom muscles on inhales, releasing on exhales.



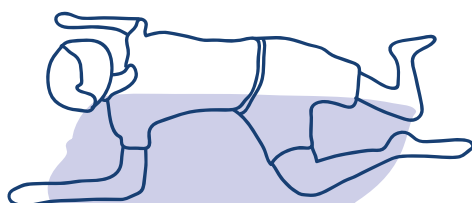
## Standing forward fold pose

### Uttanasana variation

- Inhale (nose) draw belly button to spine, bend knees gently.
- Exhale (nose) forward folding over legs - stop when you find your edge of comfort. Hold opposite elbows and allow shoulders to soften, arms to dangle.
- Inhale deeply (nose), exhale longer than inhale x5
- To come out of the pose, bend knees, firm belly, release the hands and slowly come to stand

**WHEN?** If you are feeling worried, tired, sluggish and need a pick me up

**EXTRA TIP:** Making Exhales longer than Inhales soothes the nervous system, positively affecting mood.



## Supine Windshield Wiper Twist Pose

- Lie flat on back, bend knees and take feet wider than hips.
- Open arms wide, bend elbows and release arms to floor with palms facing up.
- Inhale deeply, draw belly button to spine.
- Exhale releasing both knees to the right. Pause for 5 breaths, make exhale longer than inhale.
- Repeat for the Left side. Come back to centre to release

**WHEN?** If you are feeling worried, tired, sluggish and need a pick me up

**EXTRA TIP:** Making Exhales longer than Inhales soothes the nervous system, positively affecting mood.



## Child pose

### Balasana

- Come to hands and knees. Exhale (nose), bringing bottom towards heels. Take forehead towards ground.
- Hands come beside hips, palms facing up, softening shoulders.
- Inhale deeply (nose), exhale longer than inhale (nose).
- Remain breathing like this for 5 minutes (or longer)

**WHEN?** If you are feeling the need to rest, replenish your energy, or are feeling overwhelmed.

**OPTION:** Put a pillow under the forehead and/or under the bottom for comfort



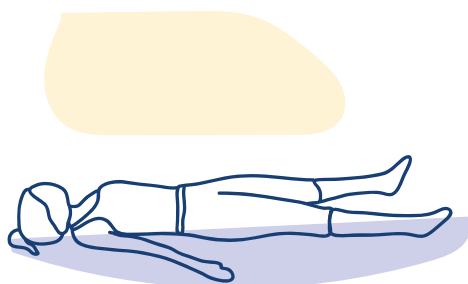
## Thunderbolt pose prayer hands

### Vajrasana Namaste

- Come to kneeling position. Hands meet at front of chest, pressed together. Roll shoulders to ear then back & down. Inhale to belly, to ribs, to collarbone. Exhale from each of these places
- Continue with this deep breathing for 5 minutes (or more if you have time)

**WHEN?** If you are feeling overwhelmed, stressed or confused about an issue, or feel the need to centre yourself.

**OPTION:** To sit on a chair if kneeling is not comfortable



## Final relaxation pose

### Savasana

- Lie on floor with legs apart. Arms away from body, palms up. Lie still - this may take time & that is fine. Observe Inhales & Exhales (nose). As the mind drifts, keep coming back to breath. Exhales soften the body where it may be gripping. Remain here for 5 minutes, or longer. Building to 10 minutes daily is soothing & nourishing habit.

**WHEN?** If you are feeling the need to restore energy, to rest, to reflect, to think - this restorative pose is helpful

**OPTION:** To add blankets, dim the lights, scented candles - make it comfortable (avoid pillows under the head)