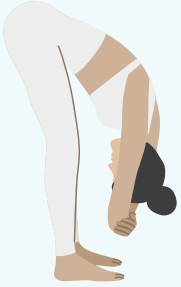




The Balanced Soul Project

Yoga for Stress



Standing Forward Bend

Standing straight, reach your arms up into the air and then fold over your legs while grabbing onto opposite elbows. Let your body, arms, and head hang loose. Hold for 10 seconds.

Easy Pose

Sit up straight on the floor with your legs crossed. Have your arms on the outside of your legs and raise them up while breathing in, and lower them while breathing out.

Repeat 5 times.



Head to Knee Forward Bend

Sit up straight on the floor with your legs extended in front of you. Lean forward and extend your arms toward your feet. They do not have to touch your feet. Hold your legs wherever your hands reach, and lean forward. Hold for 10 seconds.

Eagle Pose

Stand up straight with your arms by your side. Raise your arms at a ninety degree angle in line with your shoulders. Cross your right arm over your left and then wrap it back around so that your palms are touching. Lift your right leg and cross it over your left thigh. Hold for 5 seconds and repeat on the other side.



Savasana

Lay flat on your back with your legs extended in front of you and your arms extended by your side. Focus only on your breathing. Hold for 30 seconds.



Breathing

Sit straight up cross legged on the floor. Put one hand on your heart and the other on your stomach. Take deep breaths in and out, and feel them moving through your body with your hands. Take 5 deep breaths.

