



# The Balanced Soul Project

## Yoga for Anxiety

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### Legs up the Wall

Lay flat on your back and move as close as you can towards the wall with your legs raised in the air. Rest your legs on the wall and lay your arms by your side. Hold for about 20 seconds.

### Forward Fold

Stand straight up and then reach your hands down towards the floor. Let the top half of your body hang down, including your head. Your hands do not have to be touching your feet or the floor, but they should be extended and loose. Hold for about 15 seconds.



### Cat/Cow

On your hands and knees, curve your lower back, lift your head up, and open your chest, pushing your shoulders back. Hold for a few seconds. Then, arch your back and drop your shoulders. Hold for a few seconds and then go back to the beginning. Repeat 5 times.



### Child's Pose

On your knees, extend your arms forward, fold your chest over your knees. Ensure your knees are on the outside of your body, and your toes touching. Hold for 15 seconds.



### Triangle pose

Stand straight, with your legs wide. Slowly reach your right hand toward your right calf while raising your left arm in the air, and looking at that raised hand. Hold for 10 seconds and then repeat on the other side.



### Bridge

Lay flat on your back, then bend your knees with your feet on the ground. Extend your arms and lay your palms flat on the ground. Lift your hips in the air with your upper back, feet, and head still pressed into the ground. Hold for about 15 seconds.

