

STRESS REDUCTION: Peace is just a breath away.

If you are living with chronic pain or stress, this practice is for you!

If you are able, have pillows and blankets nearby to support you. All of these practices can be done lying down or in a chair.



Centering

1. Notice where your thoughts are going while you sit still.
2. Imagine you are a video camera recording your thoughts.
3. Video cameras have no judgments or opinions.
4. They are simply recording.
5. As you watch your thoughts like this, notice how your body becomes more relaxed and your mind becomes more focused.

Breathing

1. Take a deep breath in.
2. As you exhale, sigh.
3. Do this 3-5 more times.
4. Notice your shoulders relax.

Warm ups

1. Inhale.
2. Exhale as you drop your head towards the right.
3. Roll your chin down around to the left as you inhale.
4. Roll your chin down to the right as you exhale.
5. Inhale, lift your head up very gently without strain in the neck.
6. Any strain in the neck, simply tuck your chin down on exhale and lift it parallel on the inhale.

Yoga Poses

Spinal twist.

1. In a chair. Turn your belly button to the right.
2. Right hand reaches to the outside of the chair, left hand reaches toward the right side.
3. Stay there for 3-5 breaths
4. Breathe in, coming back to center.
5. Go to the other side.
6. (on the floor variation- support your knees with low pillows or sit on a pillow to keep your spine straight.)

Cat and cow pose

1. Reach your chest up towards the ceiling as you breathe in, exhale as you round your spine forward never dropping the head too far.
2. Do this 3-5 times.

Half moon

1. Lift your arms up overhead(If living with high blood pressure do not lift your arms above your head). Exhale lean over to the right.
2. Inhale to center.
3. Exhale over to the left.
4. Inhale to center.

Relaxation

1. In a chair. Close your eyes, placing your hands on your lap.
2. Imagine all your thoughts and worries floating up to the sky , letting them go.
3. Relax here with eyes closed 5-10 minutes.

4. On the floor. Lie on your back.
5. Place pillows under knees.
6. Rest your arms to your side, palms up.
7. Relax here with eyes closed 5-10 minutes.

Notice how refreshed you feel

Namaste, Marsha.

