Calming Yoga Series

Supported Child's Poses
This nurturing pose can help create a sense of grounding in the body.

Dolphin Pose
This variation of downward dog can help stretch the neck and spine, calming the mind and reducing anxiety.

Supported Legs Up the Wall
This centering pose is wonderful to do before sleep. Its calming inversion effect can reduce anxiety.

Supported Savasana
This pose encourages total relaxation in the body. Try it with blankets and bolsters for extra support.

Supported Seated Forward Fold
Forward folds are stress reducing poses that help relieve anxiety and depression.

Calming Eye Palming
This pose helps relieve eye strain and calm the mind. Try it with your favorite aromatherapy oil on your wrist.

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