

Yoga
to
*Calm
Anxiety*



A GentleStretching.net Publication

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Disclaimer

Yoga to Calm Anxiety is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you may have a health problem, please seek the services of a physician or healthcare professional.

The Gentle Stretching authors have checked with sources believed to be reliable in their efforts to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of their knowledge. It is presented AS IS.

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Preface

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Yoga to Calm Anxiety

#1 – Breath Awareness

For this exercise, use a bolster, pillow, or rolled blanket to support your legs.

Lie on your back on the floor, maintaining good alignment with your head, shoulders, hips, and legs. Position the bolster or pillow under your knees. Relax your arms at your sides with your palms facing upward. Close your eyes and take several deep belly breaths, in through your nose and out through your mouth, relaxing your entire body.

If you feel tension in your upper body, use a rolled towel to support the nape of your neck.

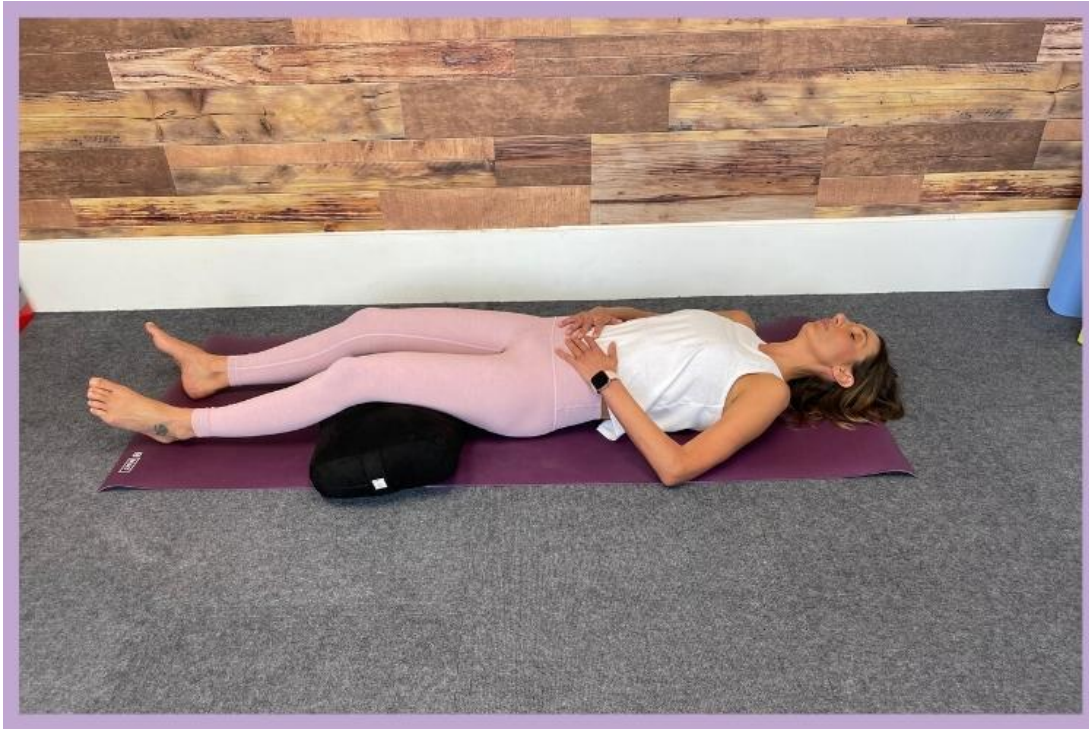


Breath Awareness

#2 – Create a Mantra

For this exercise, use a bolster, pillow, or rolled blanket to support your legs.

Lie on your back on the floor, maintaining good alignment with your head, shoulders, hips, and legs. Position the bolster or pillow under your knees. Relax your arms at your sides or place your hands on your belly. Close your eyes and be present with yourself. Don't think about the future. Create a mantra or a saying that you can repeat to yourself in times of emotional need. If you already have one, close your eyes, repeat your mantra in your mind three times and believe in it. Take several deep belly breaths, in through your nose and out through your mouth, relaxing your entire body.



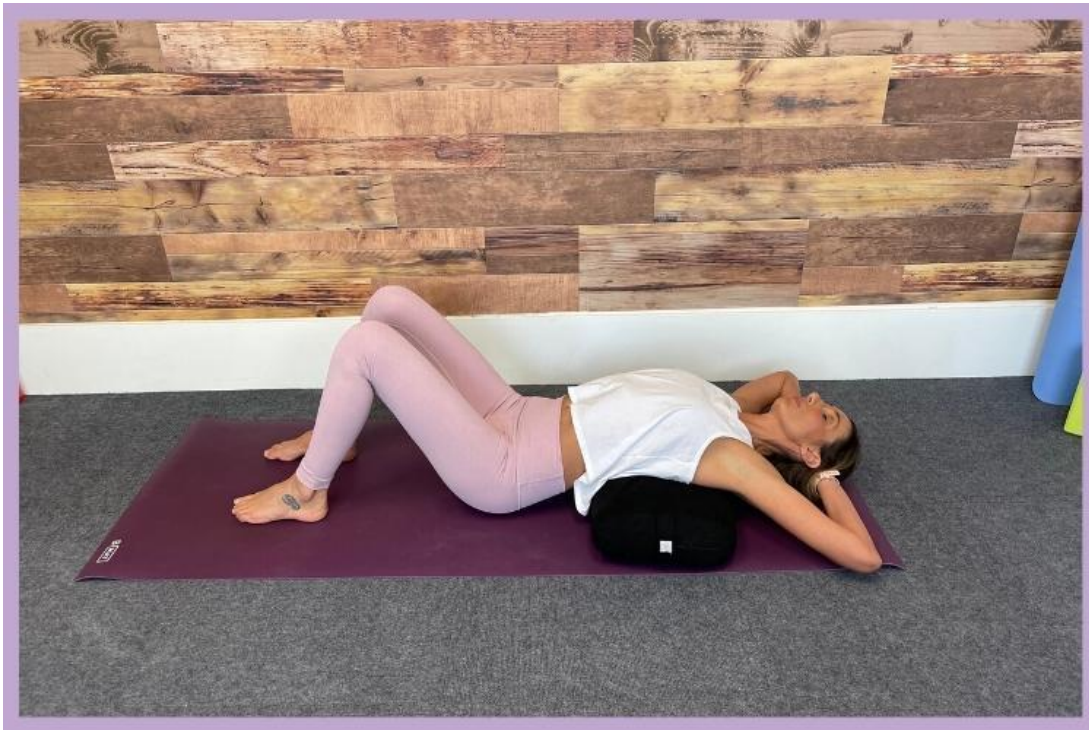
Create a Mantra

#3 – Supported Chest Opener

For this exercise, use a bolster, pillow, or folded blanket to support your upper body comfortably.

Lie on your back with your knees bent and feet flat on the floor. Position the bolster under your upper back. Place your hands by your ears or interlace your fingers behind your head. Engage your core and allow your upper body to relax comfortably, opening through your chest and rib cage. Take several deep belly breaths, in through your nose and out through your mouth, relaxing your entire body.

To make this exercise easier, use another pillow to support your head.



Supported Chest Opener

#4 – Knees to Chest

Lie on your back on the floor with your knees bent and your feet flat on the floor. Engage your core. Bring both knees up towards your chest and hold onto your knees with both arms, looking for a light stretch in the lower back and glutes. If you are able, gently rock from side to side or go through some small circular motions with your knees. Take several deep belly breaths, in through your nose and out through your mouth. Relax and return to the starting position.



Knees to Chest

#5 – Cat Cow Variation

Begin in a 4-point position with your hands beneath your shoulders and your knees under your hips. Contract your abdominal area. Inhale and slowly raise your head as you arch your mid back. Exhale and lower your head down, rounding out your mid back. Repeat the sequence of movements.



Cat Cow Variation

#6 – Pinwheels

Begin by sitting with your knees bent and feet flat on the floor, wider than shoulder-width apart. Place your hands on the floor behind you for support. Engage your core and rotate your lower body to lower your bent knees to one side. Return to the starting position and repeat the movement on the opposite side. Repeat the movement, continuing to alternate directions.



Pinwheels

#7 – Pinwheel Twists

Begin by sitting with your knees bent and feet flat on the floor, wider than shoulder-width apart. Place your hands on the floor behind you for support. Engage your core. Rotate your lower body to lower your bent knees to one side, then reach behind your body with one arm as far as you can comfortably go. Return to the starting position and repeat the movement on the opposite side. Repeat the movement.



Pinwheel Twists

#8 – Elevated Pinwheel Twists

Begin by sitting with your knees bent and feet flat on the floor, wider than shoulder-width apart. Place your hands on the floor behind you for support. Contract your core and rotate your body to one side, prop yourself up on one knee and straighten your arm for support. Extend your outside leg back and reach over your head with your opposite arm as far as you can comfortably go. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Return to the starting position and repeat the movement on the opposite side. Repeat the movement.



Elevated Pinwheel Twists

#9 – Reverse Plank with Knee Bends

Begin in an upright sitting position with your knees bent and feet flat on the floor. Place your hands behind you for support. Engage your core and push from your feet to lift your hips, maintaining good alignment with your head, shoulders, hips, and knees. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Relax and return to the starting position.

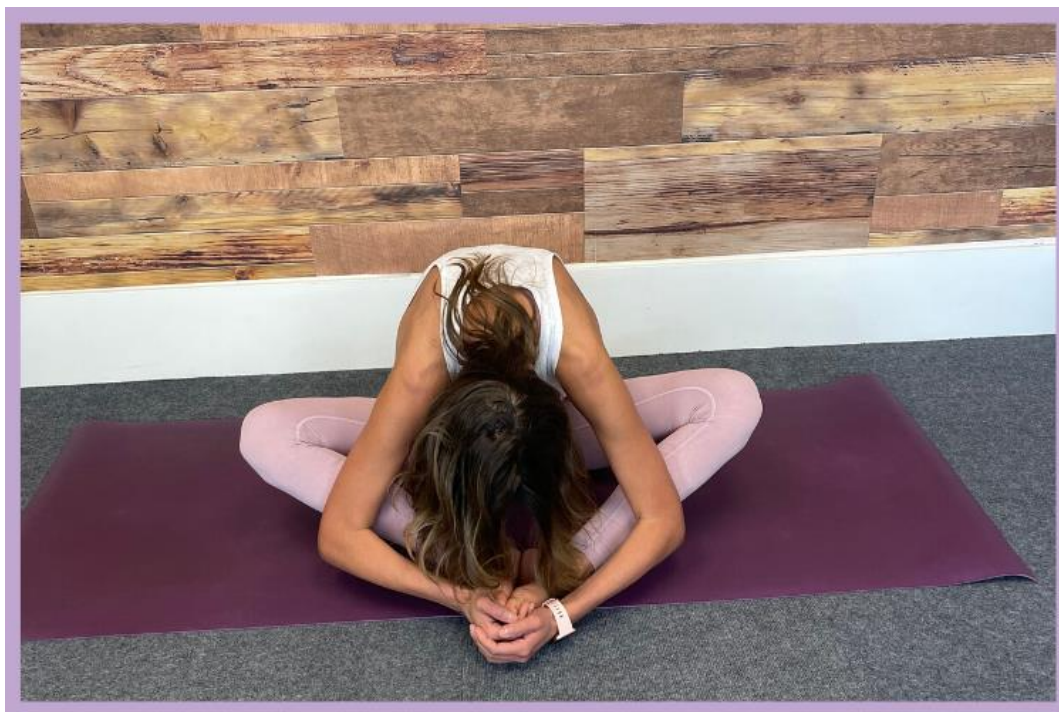
To make this exercise more challenging, extend your legs in front of your body and lift your hips with straight legs and toes pointing forward.



Reverse Plank with Knee Bends

#10 – Turtle Pose

Begin in an upright sitting position, maintaining good alignment with your head, shoulders and hips. Bring the soles of your feet together in front of your body. Tighten your core and open your knees out to the sides. Contract your core, hinge through your hips to bend your upper body forward, and grab your toes with both hands. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Relax and return to the starting position.



Turtle Pose

Breaths

Begin in an upright sitting position with your legs crossed, maintaining good alignment with your head, shoulders and hips. Place your hands on your knees. Close your eyes and let your body fall heavy as you take several deep belly breaths, in through your nose and out through your mouth.



Breaths

About Gentle Stretching

Gentle Stretching – Creating healthy balance between mind, body, and soul

At Gentle Stretching (GS), we believe that the connection between mind, body, and soul simply cannot be ignored. We understand that impactful exercise does not need to be strenuous, jarring, and painful, and that a relaxed and peaceful mindset plays a significant role in overall health. Our programs are based on years of research and creativity and have proven effective for people of all ages and abilities. We are dedicated to helping individuals along their journey to wellness by creating trusted programs designed to improve both physical and mental well-being.

Today, the Gentle Stretching (GS) team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, and happier lives by addressing all areas of personal well-being.

Access our [FREE](#) library of health & wellness resources online at:
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