

## **Stress Reduction/Mindfulness**

### *Seated Yoga Mindful Movement*

Breathing – belly breaths

Shoulder rolls and shrugs  
Moving with the breath

Moving with breath

Inhale - sweeping arms up  
Exhale – hold right thigh, lifting right heel or right knee  
Inhale - sweeping arms up  
Exhale – hold left thigh, lifting left heel or right knee

*Warrior II/Side Angle/Reverse Warrior*

Warrior II

Step right foot to side of chair, sweeping right arm to side, shoulder height;  
left arm sweeps to left side, shoulder height

Extended Side Angle

Support with right hand or forearm on right thigh, then extend left arm  
toward ceiling or overhead

Reverse Warrior

Bring left hand to thigh or chair near hip while reaching right hand up and  
reaching toward ceiling

*Vinyasa - Warrior 2/Extended Side Angle/Reverse Warrior*

Warrior II

Step left foot to side of chair, sweeping left arm to side, shoulder height;  
right arm sweeps to right side, shoulder height

Extended Side Angle

Support with left hand or forearm on left thigh, then extend right arm  
toward ceiling or overhead

Reverse Warrior

Bring right hand to thigh or chair near hip while reaching left hand up and  
reaching toward ceiling

*Vinyasa - Warrior 2/Extended Side Angle/Reverse Warrior*

Cat/Cow

Exhale to flex spine, rounding back  
Inhale to extend spine, arching back

Dhyana mudra

To do the Dhyana mudra, sit with your hands in your lap, palms up, right hand  
resting on top of your left palm. This mudra represents the gesture of total  
balance.