

Stress Reduction Education Series

Standing Yoga Mindful Movement

Mountain pose – belly breathing
Shoulder rolls and shrugs

Breath focus

Inhale, sweeping arms to sides, shoulder high.
Exhale, pressing palms toward center until they are shoulder distance apart.
Inhale and open arms back out to side at shoulder height.
Exhale, sweeping down, ending with hands at heart center (sternum), palms together and elbows relaxed to sides.
Repeat by sweeping down and out to sides, etc.

Cat/Cow - Hands on thighs, knees slightly bent.
Exhale into Cat – flexing the spine and hollowing the belly
Inhale into Cow – extending the spine and arching back

Lateral Spinal flexion

Bring the hands back to the sternum, pressing the palms gently together.
Inhale, right arm up and overhead while left hand slides down outer left thigh for support. Press into right foot as the right arm reaches up feeling a stretch in the right side of the waist and hip.
Exhale, bringing the hands back to heart's center, prayer gesture.
Inhale, left arm up and overhead while the opposite hand slides down outer thigh for support. Press into left foot as the left arm reaches up. Feel the stretch in the left side of the waist and hip.
Exhale, bringing the hands back to heart center, prayer gesture.
Repeat on other side

Mountain pose
Pedal the heels up one at a time, alternating right and left.

Modified Standing Balance to Balancing Warrior Flow – Right side
With right heel up, lift right toes off floor, hovering the foot a few inches off ground
Tap toes down and up, while finding balance.
Progression – Knee lift (Inhale) to placing toes back down at center (Exhale).
Progression – Knee lift (Inhale) to tap floor back behind the body (Exhale).
Progression – Knee lift to extension in front, then back to knee lift (Inhale) before pressing back to modified Balancing Warrior (Exhale), hands next to hips, keeping head above the heart, and foot in dorsiflexion.
Move back and forth at any level of variation. Hold Balancing Warrior for 1-2 breaths.

Mountain pose
Pedal the heels up one at a time, alternating right and left.

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Modified Standing Balance to Balancing Warrior Flow – Left side

With left heel up, lift left toes off floor, hovering the foot a few inches off ground

Tap toes down and up, while finding balance.

Progression – Knee lift (Inhale) to placing toes back down at center (Exhale).

Progression – Knee lift (Inhale) to tap floor back behind the body (Exhale).

Progression – Knee lift to extension in front, then back to knee lift (Inhale) before pressing back to modified Balancing Warrior (Exhale), hands next to hips, keeping head above the heart, and foot in dorsiflexion.

Move back and forth at any level of variation. Hold Balancing Warrior for 1-2 breaths.

Five Pointed Star to Squat Flow

Start with stance wider than hip distance apart

Inhale, standing tall and lifting arm up and out to Star pose

Exhale into an easy squat, shifting hips back and keeping knees over feet as the elbows bend, bringing the elbows toward the back waist, slightly squeezing the shoulder blades together as the chest opens.

(Repeat several times)