

Stress relief through movement

STUDENTS: Anybody with some experience with yoga

INTENTION: To relieve stress/neck tension through movement and gradual deepening of the breath

TOOLS: Progress from fast to slow movement; standing backbend and extension postures to seated twist and forward bend; shallow to deep breathing. Includes "Letting go" meditation.

1.		2-3 min	Shake you limbs, hop in place, wiggle your head, etc.
2.		6 br	IN: Sweep the arms wide and up, look up. EX: Bend the knees, bring the arms down, look down.
3.		4 circles each way	IN: Sweep the arms up EX: Draw a big circle with your arms as you bend your right knee, bending forward, then bend your left knee IN - move up.
4.		Repeat 4x, stay 4 breaths, lengthening your EX	Move into wide squat. IN: Move the arms forward and up EX: Sweep the arms out and down. Then bend forward and stay there, relaxing your neck.
5.		A. 4 cycles B. 4 cycles Switch sides.	A. IN: Raise the arms, bending your front knee EX: Bring the arms down, straighten your leg. B. Bend forward. IN: Flatten your back, keeping your hands on the floor or ankle EX: Bend down.
6.		4 breaths	IN: Lift up on the knees, sweeping the arms up. EX: Bring the chest down to your thighs, hands to the lower back.
7.		Repeat 4x, stay 4 breaths	IN: Sweep R arm forward, L leg up. EX: Bring R ear to the floor, hand to the back, leg down. Switch sides. Then stay up, arms back, neck long.

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8.		4 deep breaths	IN: Raise both arms and both legs EX: Lower arms, bend knees.
9.	A. B.	Repeat 3x, alternating sides. Stay 3 breaths on each side, moving the arm	A. IN: Knees bent EX: Bring knees to one side and turn the head the other way IN: Return to the center B. Stay in the twist. IN: Slide the arm up along the floor, head at the center EX: Slide the arm down, turning the head away.
10.		6 breaths on each side, deepening your EX	EX: Twist to your right. Take 3 breaths looking back, then 3 breaths looking forward. Switch sides.
11.		Repeat 4x, stay 6 breaths, deepening your EX	IN: Raise both arms up EX: Gradually bend forward Repeat 4x then stay in the forward bend.
12.		Repeat 4x	Keep the arms in front of your chest, fingers interlaced. IN: Relax the shoulders, roll up EX: Pull the arms up, roll down Keep the back of the neck long.
13.		3-5 min	Tense-relax the entire body 3x. Then rest in Savasana. If it helps, every time you exhale say mentally: "Let go, let go, let go, let go...."
14.			Meditation with mudras (see below)

Hold ksepana mudra (fingers interlaced with index fingers pointing down). Every time you exhale, imagine all the tensions, worries and negativity pouring out of your body through your index fingers and down into the earth. On the inhale imagine gathering all this unwanted stuff together and on the exhale imagine pouring it out. Continue for the next 10 breaths, cleansing yourself of everything that doesn't serve you.

Then make the motion of washing your hands and place them on your knees palms up. With every inhalation imagine drawing new positive energy in, on the exhale distribute it throughout the body. Take 10 breaths like that and then sit quietly for few moments moment, paying attention to how you feel.