Five minute breathing exercise:

Begin with “coherent” breathing which is one of the most effective strategies for managing mood. Coherent breathing is based on pacing the breath so that the inhale and exhale are of equal duration. It encourages balance in the autonomic nervous system.

*Inhale for a slow count of four through the nose, exhale for a slow count of four through the nose. In your mind you can evenly space the breath by saying Inhale 2,3,4,…Exhale 2,3,4.*

*As you find yourself calming continue to inhale through the nostrils with a slight constriction at the back of the throat. Exhale through the nostrils, maintaining the snoring sound. Hold one hand over your heart as you imagine your breathe like the waves of an ocean.*

Yin Poses:

1. Shoe lace pose- Stimulates the liver meridian in the groin, pulls on the gallbladder meridian as it travels down the outer hip and leg.

Modifications: Elevate sit bones on a cushion

 Don’t bend forward

 Stretch bottom leg out to avoid pressure on the knee

Or Eye of the needle if knee pain.

1. Seated Twist Pose-Affects the gallbladder meridian along the side of the hip and the liver meridian in the groin.

Modifications: bottom leg out straight, cushion under seat, lace arm through and grab hand.

1. Dragonfly- Affects the Kidney and bladder meridian.

Modifications: legs up the wall; bend knees and put padding underneath knees; support yourself with a cushion.

Restorative pose: The Hug with a Twist-opening of which goes diagonally across the back from the shoulder to the opposite hip.

-bring bolster lengthwise. Have both knees to the right side as you sit on the left hip. Bring the torso forward and down so the chest comes to rest onto the bolster.

-modifications-bring hands up to hug pillow; rest head in direction of legs or turn the other way; add a cushion to the head.