












Nafsi Yoga: Quick Hip Trip


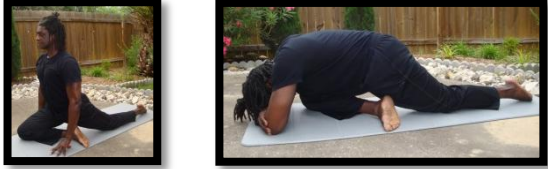

To be sure, all of Yoga is geared for dealing with and handling all forms of our daily anxiety and stress however, when times seem overwhelming, finding space and moving through a few familiar poses should help in 'getting it all together.'

A very important item to remember is your breath. When moving through these postures, focus on inhaling and exhaling through the nose, your mouth closed – and focusing on the movement of air.

Move through any one or all of the postures listed – spend anywhere from 20 seconds to one minute in each.

<i>All Fours</i>	  
<i>Low Lunge</i>	 
<i>Standing Split</i>	 
<i>Low Lunge (with back leg raised)</i>	 



<p><i>Low Lunge – back knee down, hands on inside, front knee out</i></p>	
<p><i>Pidgeon Pose</i></p>	
<p><i>Spinal Twist</i></p>	
<p>Downward Facing Dog <i>AdhoMukhaSvanasana</i></p>	