











Nafsi Yoga for *Anxiety!*

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.

Standing Forward Fold <i>Utanāsana</i>		You can do this posture against a wall; bend your knees as necessary if you have any back issues.
Downward Facing Dog <i>Adho Mukha Svanāsana</i>		Coming into this posture, you can ‘walk your dog,’ lifting one heel than the other and shift your hips to both sides to ‘settle’ into this pose.
Seated Forward Fold <i>Pachimottanāsana</i>		Extend your torso over your legs and bend your knees as needed if you experience any back pain. Try to keep your back elongated; if you have a problem reaching your feet or ankles, use a strap around your feet to pull your torso forward.
Bound Angle <i>Baddha Konāsana</i>		
Cat / Cow Pose <i>Bitilasana</i>		Focus on your breath, hips and spine as you move through this posture. 1
Childs Pose <i>Balāsana</i>		
Legs Up The Wall <i>Viparita Karani</i>		You can use a bolster/blanket under your lower back if needed and one under your head. Also, a strap can be used around your legs for greater support and stability. 2
Corpse Pose (Rest) <i>Savasana</i>		Rest. Push thoughts to the side. Breathe. Let Go

Get Bent, Do Yoga!
Nafsiyoga.com

¹ Site: Care2Care.com

² Site: YogaJournal.com