



# 3 Yoga Poses That Help You Relax

The ancient practice of yoga, which combines physical poses, breathing exercises, and meditation, can decrease stress and help you relax.

Here are three simple poses that can help bring more Zen to your day.



## TIPS

Engage your core; activate your thighs, but keep your buttocks muscles soft.



## Mountain Pose

- 1 Stand with feet hip-width apart.
- 2 Ground your feet downward into the floor and elongate your spine up through the top of your head.
- 3 Extend your arms alongside your body, reaching your fingertips toward the floor.
- 4 Stay for five deep breaths.



## TIPS

If it's more comfortable for you, extend your arms back alongside your ankles with your palms facing up.



## Child's Pose

- 1 Start on all fours.
- 2 Bring your big toes together, with the tops of your feet on the floor.
- 3 Separate your knees as wide as is comfortable for you.
- 4 Sit your hips back toward your heels.
- 5 Walk your hands out in front of you until your arms are straight.
- 6 Rest your forehead on the floor, if possible.
- 7 Hold for three to five breaths.

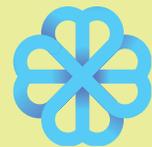


## Spinal Twist

- 1 Lie on your back with your knees bent and your feet flat on the floor, wider than hip-width distance apart.
- 2 Open your arms to a "T" position.
- 3 Gently lower your knees to the left and turn your gaze to the right.
- 4 Hold for three to five breaths.
- 5 Move your legs to the right side and turn your gaze to the left.
- 6 Hold for three to five breaths.

## TIPS

Softly press the backs of both shoulders to the ground; use your core to move your legs from one side to the other.



## BENEFITS FOR BODY AND MIND

Besides feeling more at ease, yoga can also help you:

Lower blood pressure

Improve balance

Increase flexibility

Breathe better

Strengthen muscles

Relieve low back pain

Reduce insomnia

