



Yoga to Alleviate Anxiety

Key

- Start of Sequence
- Repeat sequence 5x
- ↻ Repeat sequence on other side

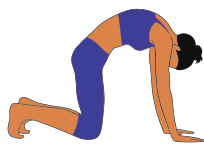
Hold each yoga pose for 5-10 breaths



Half Lotus



Bound Angle



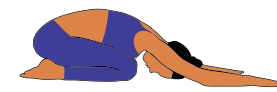
Cat Pose



Cow Pose

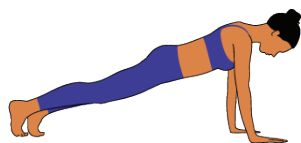


Camel Pose



Child's Pose

*Spend time focusing on breath



Plank Pose



Warrior II



Triangle Pose



Mountain Pose



Tree Pose



Eagle Pose



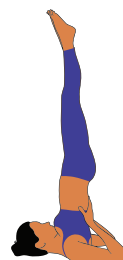
Forward Fold



Seated Forward Fold



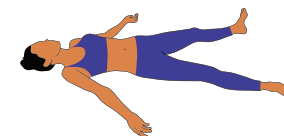
Boat Pose



Shoulder Stand



Legs Up the Wall



Savasana