



Childs pose - If it feels okay for the shoulders you can extend your arms long in front of you. You can also stack one hand on the other and rest your forehead down on your hands. Imagine your mind and thoughts quietening and focus on your breath.

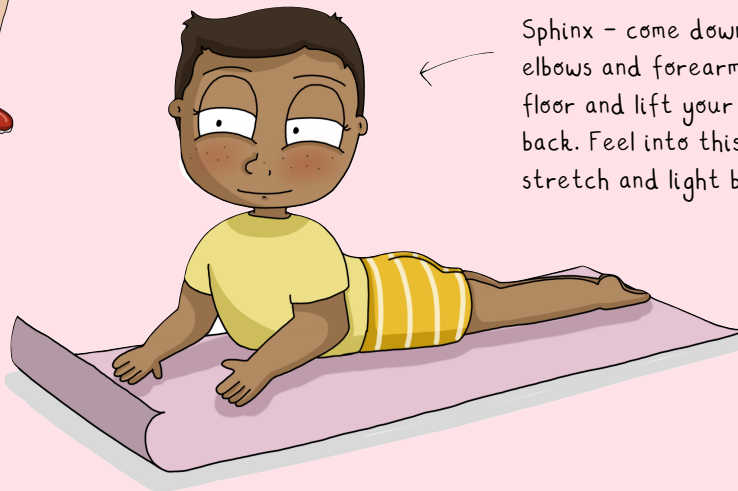
Legs up the wall - scoot your bum in against a wall and extend your legs up it. Close down your eyes and breathe here for 5 - 10 mins.



SOMATIC RELEASES FOR ANXIETY

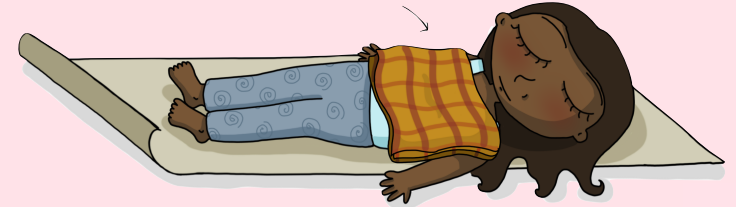


Sway - sway side to side, walk on the spot or jiggle your arms and legs. Some movement helps to discharge anxious energy and complete the stress response.

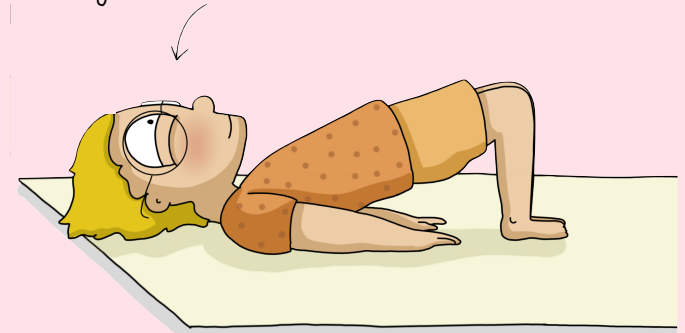


Sphinx - come down to your belly, elbows and forearms resting on the floor and lift your head and upper back. Feel into this heart opening stretch and light back bend.

Savasana - simply rest on your back for a while and focus on taking slow deep inhales and long exhales. You can rest a blanket or pillow across your front if it feels good.



Psoas release - slowly raise and lower your hips a few times. Inhale as you raise, exhale as you lower. You can also involve your arms, raising them up to face the ceiling or to come behind you as you inhale and lowering them back down on the exhale. Try 10 and see how you feel.



Weighted breath - place a book or other object on your belly with a little bit of weight. Concentrate your breathing into your belly so that the book rises on an inhale and falls on an exhale.

