

www.greentreeyoga.org

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FREE yoga breaks at www.greentreeyoga.org

Contact Yael for in-service for all care providers/teachers/social workers

Let Yoga Help You:

~ Perk up

~ Reduce stress

Calm down

~ Focus and concentrate

~ Smile

~ Lower blood pressure and heart rate

Is Yoga For You? YES! Yoga can be enjoyed by anyone -- any shape, size, age or physical ability.

2.



3.





Art by Carol Anne Coogan

Take a 5 Minute SEATED OR STANDING Yoga Break. A key to reducing depression and anxiety is to move with an awareness of the breath. Sit forward on your seat with feet firmly planted on the floor.

- 1. Sit tall, and on breath in, sweep the arms up, on the breath out, sweep the arms down. Repeat.
- On the breath in, lift one arm and arc it over the head. Exhale and release the arm to the lap. Repeat on the other side.
- 3. Sit tall, and on a breath in, sweep the arms up (#1) and on the exhale, release down, only to your point of comfort. Repeat.
- 4. Inhale and sit tall, exhale and twist gently as you look over your shoulder to one side. Inhale back to center, exhale and twist to the other side.
- 5. Inhale and roll the shoulder gently in a circle. Exhale and roll in the other direction. Repeat on other side.

MORE IDEAS

- Repeat these poses and breathing ideas while standing.
- If one pose feels as though it is releasing stress, do it a few more times.
- Close your eyes at any time. Perhaps repeat a pose with your eyes closed.



FIVE MINUTE Stress Break

These are ideas for you to try when you need to clear or calm your mind. Each serves to use awareness of the breath to calm both the body and the mind.

You can do them with someone as an opportunity to teach a new stress management technique. These breathing exercises may also transform compassion fatigue into compassion satisfaction.

These breathing exercises can be done sitting or standing, with the eyes open or closed.

"Count to Calm" Breath: Place your hand on your belly or over your heart.

Close your eyes if you like, and feel yourself breathing into your palm. With each completed breath (a full breath in/full breath out), press one finger against your belly. Count five to ten breaths.

Bee Breath:

If you start to feel angry or upset, sit quietly with your hands in your lap. Close your eyes and make an angry face. Then take a deep breath in and as you breathe out, hum or buzz that angry bee out. Now smile, breathe in again, and make a happy humming or buzzing sound as you breathe out. Repeat for a few breaths until your mood lifts. Try this with someone else to help them turn it around!

Four Square Breathing:

Close your eyes and visualize a square. During this exercise, you count to four evenly each time, imagining the count going up one side of the square for 1-2-3-4; pause across the top for 1-2-3-4; exhale down the side for 1-2-3-4; and pause for 1-2-3-4 across the bottom of the square.

Repeat this for 1 to 2 minutes.

Note: The more slowly you count, the more relaxing the breathing will be.

You can slow the count 1-2-3-4 as you relax into the pattern.

Just have fun with it! This pattern is a great way to start a 'meditation' practice -- only a few minutes a day.

"The notes I handle no better than many pianists. But the pauses between the notes -- ah, that is where the art resides! " ~ Arthur Schnabel