

7-Minute Relaxation Routine to Combat Stress

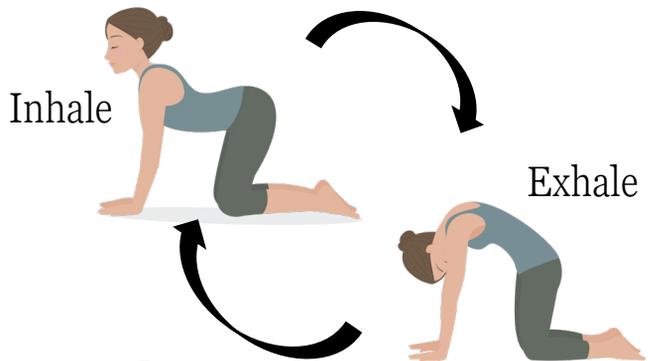
While we all experience stress in different ways, taking a moment to care for your hips, legs, and spine can set you up for long-term health. This can be done anytime you feel like you need to relieve pressure and stress in your lower body.

~ For each pose, hold for 6 slow, controlled breaths. ~
(Or longer if it is feeling good!)



① Legs up the Wall

Just like it sounds, put your legs up on the wall and relax.



② Cat/Cow Sequence

Inhale in Cat, transition slowly to Cow and exhale, then back to Cat, and so on for 6 repetitions.



③ Low Squat

Go down as far as you can comfortably. Feel free to use a chair for support if needed.



④ Wide-Legged Forward Fold

Just like Low Squat, go down as far as is comfortable. Use a chair, yoga blocks, books, or whatever you have around for support.



⑤ Supine Twist Left

This is a gentle twist of your spine. Feel free to keep your legs together if that is more comfortable.



⑥ Supine Twist Right

Twist on the other side to make sure you end up balanced.