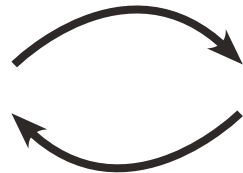
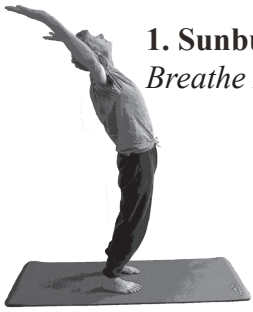


Yoga for Worrying

It is easy to let worrying take up your time and make you unhappy. There are so many things to worry about in life – from small things like not having the money to buy things you want or worrying about upsetting someone, to much bigger problems like a sentencing decision. What a lot of worrying situations have in common is that they're very difficult (or perhaps impossible) to change. However, we can always change our attitude to what is going on. Yoga helps to do that.

Through this routine, keep your breathing calm, deep and slow. If you can calm your breathing, your mind will soon follow. Pay attention to each breath. Enjoy the time you spend in these positions.

1. Sunburst
Breathe In



Breathe Out



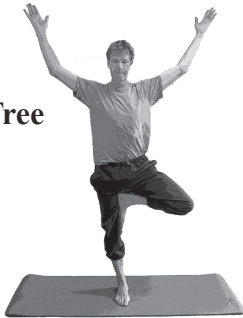
Flow between these two with the breath 10 times.

2. Warrior 2



5 breaths each side.

3. Tree



5 breaths each side. Don't worry if you wobble – you can hold onto a wall.

4. Down Dog



Stretch like this for 5 slow breaths.

5. Child



Rest like this for 10 breaths.

6. Bridge
Breathe In



Breathe Out



Flow up and down 3 times. The 3rd time you go up, stay up and hold for 5 slow breaths.

7. Legs up



Stay for 20 breaths, or longer if you like.

8. Sitting



As you sit like this, be aware of your breathing. Let your breath be slow and unforced. As you breathe in, count up to five or six, or even seven. And when you breathe out, make the out-breath the same length. Keep going with each in-breath and each out-breath the same length. Continue for five minutes, gently bringing your attention back to the breath whenever it wanders away.

