

# Yoga to De-Stress



We all have days when life seems to be spinning out of control. We feel stressed and distracted, and we cannot focus. This routine can bring a sense of calm and help us feel less overwhelmed.

As you move through these poses, keep bringing your attention back to the breath. Breathe slowly, steadily, and with the knowledge that you can find a calm focus whenever you need to.



**1. Mountain**  
Five slow breaths



**2. Warrior 1**  
Five slow breaths each side



**3. Stork**  
Five slow breaths each side



**4. Warrior 2**  
Five slow breaths each side



**5. Forward bend**  
Five slow breaths



**6. Child**  
Five slow breaths



**7. Kneeling twist**  
Five slow breaths each side



**8. Downward dog**  
Five slow breaths



**9. Sphinx**  
Five slow breaths



**10. Seated forward fold**  
Five slow breaths



**11. Coil**  
Five slow breaths



**12. Sit upright, on a pillow or a couple of books if you have them.** Relax your body and begin counting the breath in your head: count to one as you breathe in, two as you breathe out, three as you breathe in, and so on up to ten. Then, start again. If you lose count, don't worry, just start again from one. Practise for five minutes, or longer.

**“The focus is what is right before you – to give it your best. It sows the seeds of tomorrow.”**

Kiran Bedi, Indian politician, social activist, retired police officer and PPT patron