

Yoga Workout for Mind and Body

Yoga combines the physical – exercises that stretch and tone your body – with the nurture and development of your emotional health and well-being. This simple practice, which works your back, hips, neck, and shoulders, is ideal for relaxing your mind and body when you feel tired and stressed. All you need is 20 to 25 minutes to help slow your breathing, gently exercise your body, and move your mind toward a state of stillness and clarity.



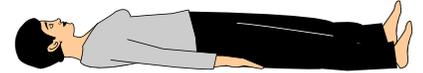
1 Seated rest

This is a good starting point. Take the opportunity to settle your mind, body, and breath for a couple of minutes. If sitting cross-legged is uncomfortable, sit in a chair.



2 Kneeling forward bend

Raise your hips. Inhaling, raise your arms overhead. Exhaling, bend forward. As you inhale again, raise your arms and then your body until you come back to the kneeling position with your arms overhead. Finally, as you exhale, lower your arms back down to your sides. Repeat 6 times.



3 Lying rest

Rest for a few moments with your eyes closed. Pay attention to your breath. Reflect on how you feel.



4 Upward raised legs

Bring your knees up over your chest. Inhaling, straighten your legs and raise your arms. Exhaling, lower your arms and bend your knees to return to the starting position. Repeat 6 times.



5 Two-foot support

Keeping your knees bent, place your feet on the floor, arms at your sides with palms turned down. As you inhale, raise your hips. As you exhale, lower your hips back down. Repeat 6 times.



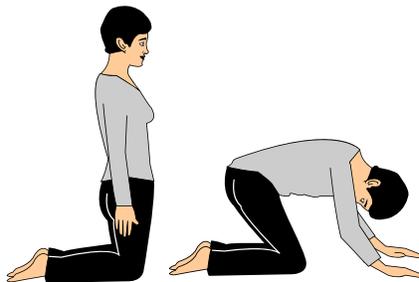
6 Lying rest

Rest for a few moments. Reflect on how you feel. Listen to your breath. Has your breathing been affected by the work you have done so far?



7 Knees to chest

Bring your knees over to your chest and rest your hands on your knees. Inhaling, move your knees away. Exhaling, bring your knees back. Focus on making your exhalation long and smooth. Repeat 6 times.



8 Kneeling forward bend

Come up into a kneeling position. Follow the instructions for step two. Focus on whether you feel different at this stage in your practice. Repeat 6 times.



9 Seated rest

Finish by sitting with your eyes closed and your back straight. Sit however is comfortable for you. Let your breathing be relaxed and your mind still.