Destress & Refresh Yoga
9 min · Yoga

Precede this sequence with the Dynamic Warm-up Yoga. Move slowly and mindfully through each pose. Finish with 5-10 minutes in the Corpse pose followed by Alternate Nostril Breathing. Enjoy.

<table>
<thead>
<tr>
<th>Pose</th>
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</tr>
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<tbody>
<tr>
<td><strong>Pyramid</strong> · Parsvottanasana</td>
<td><strong>Tree</strong> · Vrksasana</td>
<td><strong>Extended Cobra</strong> · Saral Hasta Bhujangasana</td>
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<td><img src="image" alt="Pyramid Pose" /></td>
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<td><img src="image" alt="Extended Cobra Pose" /></td>
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<tr>
<td>5 breaths</td>
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<tr>
<td>Anchor back heel to floor · Lengthen front of torso · Square your hips · Do not lock knees</td>
<td>Draw shoulders away from ears · Gaze at a fixed point to balance · Lengthen spine · Open knee to the side</td>
<td>Bring feet hip-width apart · Bend elbows slightly · Draw shoulders away from ears · Keep head in line with spine</td>
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<td><strong>Fire Log</strong> · Agnistambhasana</td>
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<td>Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart</td>
<td>Lengthen spine · Keep neck neutral and relaxed</td>
<td>Flex feet · Position top foot just beyond bottom knee · Lengthen spine · Try to bring shins parallel</td>
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<td>Push ribs in and up · Soften tongue and throat · Press upper arms and shoulders into floor · Keep legs together</td>
<td>Align hips over shoulders · Do not turn head · Push tops of shoulders into floor · Soften tongue and throat</td>
<td>Relax toes · Keep most of the weight in the elbows · Lift chest up · Keep mouth closed</td>
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Create B.
Wind Release · Pavanmuktasana

- Press straight leg into floor
- Hug knee into chest
- Lift shoulders from floor
- Press thigh to belly

5 breaths

Reclined Spinal Twist · Supta Matsyendrasana

- Press shoulder blades toward floor
- Gaze in opposite direction of twist

5 breaths

Corpse · Savasana

- Keep head and spine in one line
- Release tension in jaw
- Tuck shoulder blades under

50 breaths

Alternate Nostril Breathing · Nadi Shodhana Pranayama

- Lengthen spine
- Keep chin parallel to floor
- Relax shoulders
- Tuck right index and middle fingers into palm

5 breaths
**Pyramid · Parsvottanasana**

PARSH-vo-TAH-NAH-sah-nah

Primary muscle group(s):
Hamstrings, Shoulders, Spine

Secondary:
Calves, Wrists

Begin standing. Step your left foot about 3 feet back with an exhale. Keeping your heels in one line, point your left foot 45 degrees to the left. Face your torso forward.

Press your palms together behind your back with an inhale. Open your chest.

Bend forward with an exhale. Reach your forehead toward your knee.

Hold the pose and take slow, deep breaths.

Rise with an inhale, then exhale and step your feet together. Change sides.

Modification: Hold opposite elbows behind your back, or reach both hands to the floor.

Avoid this pose if you have high blood pressure or a back injury.

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**Tree · Vrksasana**

vrik-SHAH-sah-nah

Primary muscle group(s):
Ankles, Knees, Quadriceps, Spine

Secondary:
Calves, Glutes & Hip Flexors, Hamstrings, Lower Back

Stand with your feet together. Shift your weight onto your right leg. Place the sole of your left foot along the inside of your right thigh; either above or below your knee.

Slowly reach your arms out and then up with an inhale. Bring your palms to touch overhead.

Gaze at one point ahead of you. Hold the pose and take slow, deep breaths.

Release your arms and leg with an exhale. Change sides.

Modification: If you find it difficult to balance, place your heel on top of the opposite foot.

Avoid this pose if you have low blood pressure.
**Extended Cobra** · Saral Hasta Bhujangasana
sar-ahl ha-stah bhoo-jong-AH-sah-nah

Primary muscle group(s):
- Lower Back, Middle Back / Lats, Spine, Upper Back & Lower Traps

Secondary:
- Abs, Forearms, Glutes & Hip Flexors, Shoulders, Triceps

Lie on your stomach. Separate your feet hip-width apart. Place your hands under your shoulders and spread your fingers. Rest your forehead on the floor.

Push into your hands and lift your head, chest and stomach with an inhale. Keep your pelvis on the floor.

Hold the pose and take slow, deep breaths.

Lower with an exhale.

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**Extended Child’s Pose** · Utthita Balasana
oo-tee-tah bah-LAH-sah-nah

Primary muscle group(s):
- Glutes & Hip Flexors, Knees, Spine

Secondary:
- Lower Back, Middle Back / Lats, Upper Back & Lower Traps

Sit on your heels. Bring your feet together and knees hip-width apart.

Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

Reach your arms far forward. Spread your fingers and press your palms into the floor. Rest your forehead on the floor.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

⚠ Avoid this pose if you have a knee injury.
Cow Face · Gomukhasana

go-moo-KHAH-sah-nah

Primary muscle group(s):
Chest, Shoulders, Triceps

Secondary:
Knees, Quadriceps

Sit on your heels with your knees together. Lengthen your spine.
Bend your left arm behind your back and bring the hand in between your shoulder blades, palm facing away.
Reach your right arm up with an inhale. Bend your elbow with an exhale and clasp your fingers behind your back.
Hold the pose and take slow, deep breaths.
Release your arms and change sides.
Modification: Women: Sit on the floor and cross your right leg over the left. Stack your knees on top of each other and point your toes behind you.

Fire Log · Agnistambhasana

ahg-nee-stahm-BHAH-sah-nah

Primary muscle group(s):
Glutes & Hip Flexors

Secondary:
Knees, Quadriceps

Begin sitting. Bend your knees and place your feet flat on the floor.
Slide your left foot under your right leg and bring the heel near the right buttock. (Depending on your flexibility, try to bring the shin parallel to the front of your mat.)
Release your left knee toward the floor.
Stack your right leg on top of the left. The right ankle should be just beyond the left knee. Flex your feet. Rest your fingertips by your sides.
Hold the pose and take slow, deep breaths.
Carefully straighten your legs and change sides.
⚠️ Avoid this pose if you have a knee or ankle injury.
**Shoulderstand · Sarvangasana**  
sar-VAHN-GAH-sah-nah

Primary muscle group(s):  
Abs, Neck & Upper Traps, Shoulders

Secondary:  
Chest, Spine, Upper Back & Lower Traps

Lie on your back with your arms alongside your body, palms down. Lift your legs and hips with an inhale, then support your low back with your hands.

Walk your hands down your back and bring your elbows close together. Reach your feet toward the sky. Relax your toes.

Hold the pose and take slow, deep breaths into your belly.

Lower your feet behind your head, place your palms flat on the floor, tuck your chin into your chest and with an exhale slowly roll down one vertebra at a time.

Always follow shoulderstand with its counterposes, Plow and Fish.

Avoid this pose if you have high blood pressure, headache, neck injury, or a heart condition.

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**Plow · Halasana**  
ha-LAH-sah-nah

Primary muscle group(s):  
Hamstrings, Shoulders, Spine

Secondary:  
Neck & Upper Traps, Triceps

Lie on your back with your arms alongside your body, palms down. Lift your legs and hips with an inhale, then support your low back with your hands.

Slowly lower your legs overhead with an exhale, bringing your toes to the floor. Try to straighten your legs.

If your toes touch the floor, release your hands from your back and press your palms into the floor.

Hold the pose and take slow, deep breaths.

Tuck your chin into your chest and with an exhale slowly roll down one vertebra at a time.

Modification: Bring feet wide and hold onto ankles.

Avoid this pose if you have a neck injury.
**Fish · Matsyasana**

mahts-YAH-sah-nah

Primary muscle group(s):
Chest, Neck & Upper Traps, Spine

Secondary:
Abs

Lie on your back with your feet together. Place your hands underneath your buttocks, palms down.

Push your elbows into the floor with an inhale and lift your chest toward the sky. Bring the crown or top of your head to the floor. Keep most of your weight in your elbows.

Hold the pose and take slow, deep breaths.

Lift your head an inch off the floor with an exhale, then release all the way down.

⚠ Avoid this pose if you have a serious neck or back injury.

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**Wind Release · Pavanmuktasana**

pah-wahn-mook-TAH-sah-nah

Primary muscle group(s):
Lower Back, Spine

Secondary:
Abs, Knees

Lie on your back with your legs together.

Bend your right leg with an exhale, interlace your fingers around your shin and hug your knee into your chest. Inhale deeply.

Lift your head with an exhale and touch your forehead or chin to your knee. Hold for a few seconds.

Lower your head to the floor with an inhale. Continue hugging your knee and take slow, deep breaths. Release.

Change sides.

⚠ Always start with the right leg as this follows the movement of the colon.
Reclined Spinal Twist · Supta Matsyendrasana
soop-tah maht-syen-DRAH-sah-nah

Primary muscle group(s):
Glutes & Hip Flexors, Lower Back, Spine

Secondary:
Obliques

Lie on your back. Stretch your arms out at shoulder height, palms down.
Bend your right leg and place your foot flat on the floor next to your left knee. Place your left hand on top of your right knee.
With an exhale gently guide your right knee toward the floor. Gaze toward the right.
Hold the pose and take slow, deep breaths.
Untwist with an inhale. Change sides.

Corpse · Savasana
shah-VAH-sah-nah

Primary muscle group(s):
Spine

Lie on your back. Bring your feet wide and let them flop open.
Bring your arms several inches away from your torso, palms up.
Make any minor adjustments needed so that you are completely comfortable.
Close your eyes. Find stillness.
Hold the pose and take natural breaths. Focus your attention on your breath.
Come out of the pose slowly and gently.
Alternate Nostril Breathing · Nadi Shodhana Pranayama
NAH-DEE sho-dha-nah PRAHN-AH-YAHM-ah

Primary muscle group(s):
Abs, Chest

Sit in a comfortable position. Lengthen your spine.

Bring your left thumb and index finger together. Rest the back of the hand on your left knee.

Tuck your right index and middle fingers into your palm. Close your eyes.

Close your right nostril with your right thumb. Exhale completely.

Inhale through your left nostril. Close your left nostril with your ring finger.

Release your thumb and exhale through your right nostril. Inhale through your right nostril.

Close your right nostril with your thumb. Release your ring finger and exhale through your left nostril. This is one round.

Repeat 5 rounds of this breath. Rest in Corpse for several breaths.

Modification: Place a firm cushion or rolled mat under your bottom to bring more length to your spine.