



Pillars Community Health

Healing. Caring. Educating.

3 Simple Yoga Poses for Relaxation

These simple poses can allow us to re-connect with our bodies, take a break, and feel more relaxed.

#1. Child's Pose.

Child's pose gently stretches the hips, thighs, and ankles; calms; the brain and helps relieve stress/fatigue; and relieves back and neck pain when done with head and torso supported.

- Kneel on the floor with your toes together and your knees hip-width apart. Rest your palms on top of your thighs.
- On an exhale, lower your torso between your knees. Extend your arms alongside your torso with your palms facing down. Relax your shoulders toward the ground.
- Rest in this pose for as long as needed.



#2. Legs Up the Wall Pose.

This pose, when combined with controlled breathing, leads to a slowing down within the body. A lowered heart rate elicits a relaxation response.

- For your support, you'll need one or two thickly folded blankets or a firm round bolster. You'll be resting your legs vertically (or nearly so) on a wall.
- If you're taller, you'll be a little farther from the wall. If you're shorter, move closer to the wall. Keep your legs relatively firm, just enough to hold them vertically in place.
- Stay in this pose anywhere from 5-15 minutes.
- Don't twist off the support when coming out. Instead, slide off the support onto the floor before turning to the side.



#3. Forward Bend.

This pose has a calming effect on the brain and can therefore aid in slowing you down and relieving stress.

- Stand with your feet together. Bend your knees slightly and fold your torso over your legs. Move from the hips not the lower back.
- Place your hands next to your feet, on the ground, or you can reach for opposite elbows.
- Inhale and extend your chest to lengthen your spine. Keep your gaze directed forward.
- Exhale and gently press both legs toward straight.
- Continue a flow of inhalations and exhalations until you feel comfortable coming back to standing.



Pillars Community Health provides health, social and educational services including Medical, Dental, Mental Health and Addictions, Domestic and Sexual Violence, Benefits Assistance, Prevention/Health Education and Outreach, and more. We envision communities where all people have equal access to the care they need, when they need it. Learn more at www.PillarsCommunityHealth.org, or call 708-745-5277.