

Calming Yoga Poses



Easy Pose



Standing
Forward Fold



Tree Pose



Child's Pose



Bridge



Cat/Cow



Seated Forward Fold



Knees to Chest



Corpse Pose (Savasana)

Calming Yoga Breaths and Mudras (yoga with your hands)



Turtle Mudra - tuck thumb into palm and curl fingers around



Whole World Mudra - touch all fingertips together lightly in front of your body



Flower Breath - fingertips lightly touching, back of hands on knees, open and close flower (fingertips) while you breath in and out

Elevator Breath - take 3 quick, short breaths in through your nose while raising your arms, a little with each breath. Then take one big exhale while bringing your arms down.