

The right word may be effective, but no word was ever as effective as a rightly timed pause. ~ Mark Twain

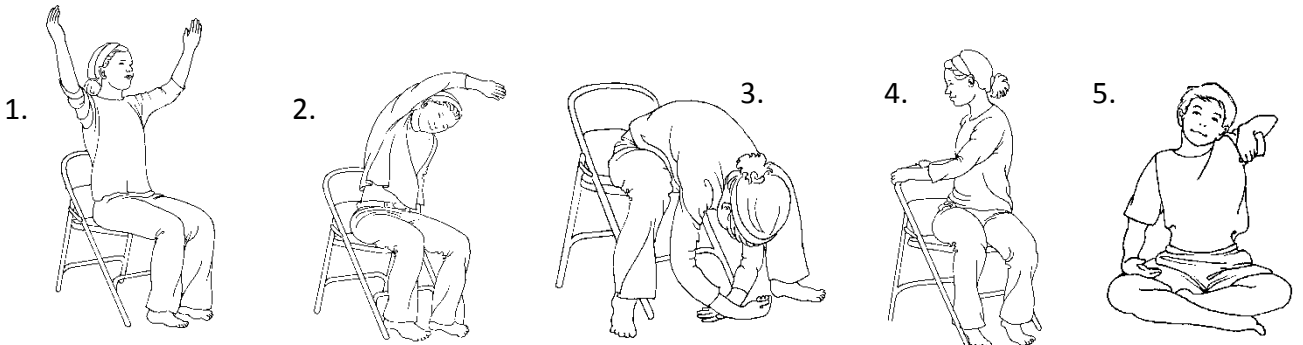
Let Yoga Help You:

- ~ Perk up
- ~ Calm down
- ~ Smile
- ~ Reduce stress
- ~ Focus and concentrate
- ~ Lower blood pressure and heart rate

Is Yoga For You? YES! Yoga can be enjoyed by anyone -- any shape, size, age or physical ability. VISIT OUR WEBSITE FOR A FREE MP3 DOWNLOAD 5 Minute Relaxation Break.

What is Yoga? Yoga is an art and a science, not a religion.

Yoga is a way to use the body and the breath to calm the mind.



Art by Carol Anne Coogan

Take a 5 Minute Yoga Break. The key is to move with the breath. Sit forward on your seat with feet firmly planted on the floor.

1. Sit tall, and on breath in, sweep the arms up, on the breath out, sweep the arms down. Repeat.
2. On the breath in, lift one arm and arc it over the head. Exhale and release the arm to the lap. Repeat on the other side.
3. Sit tall, and on a breath in, sweep the arms up (#1) and on the exhale, release the body down, only to your point of comfort. Repeat.
4. Inhale and sit tall, exhale and twist gently as you look over your shoulder to one side. Inhale back to center, exhale and twist to the other side.
5. Inhale and roll the shoulder gently in a circle. Exhale and roll in the other direction. Repeat on other side.

MORE IDEAS

- ❖ Repeat these poses and breathing ideas while standing.
- ❖ If one pose feels as though it is releasing stress, do it a few more times.
- ❖ Close your eyes at any time. Perhaps repeat a pose with your eyes closed.

FIVE MINUTE STRESS BREAK

These are ideas for you to try when you need to clear or calm your mind. Each serves to use awareness of the breath to calm both the body and the mind.

You can do them with someone as an opportunity to teach a new stress management technique.

These breathing exercises can be done sitting or standing, with the eyes open or closed.

“Count to Calm” Breath or “Count to Feel Better” Breath:

Place your hand on your belly or over your heart. Close your eyes, and breathe into your palm. With each completed breath (a full breath in/full breath out), press one finger against your belly. Count five to ten breaths.

Bee Breath:

If you start to feel angry or upset, sit quietly with your hands in your lap. Close your eyes and make an angry face. Then take a deep breath in and as you breathe out, hum or buzz that angry bee out. Now make a happy face, breathe in again, and make a happy humming or buzzing sound as you breathe out. Repeat for a few breaths until the angry bee is gone.

Body Bubble Breathing:

Note: *This exercise may help to build trust but initially may evoke anxiety because of physical and eye contact. Choose your options thoughtfully.*

Sit facing someone. You are each in a safe “body bubble”.

Invite someone into your bubble by any combination of these options:

- a. pressing palms and fingers against your partner’s hands while maintaining eye contact;
- b. looking at each other without pressing hands while listening for each other’s breath;
- c. facing each other, neither looking nor touching, just listening for each other’s breath; and,
- d. sitting back to back and listening to and feeling each other’s breathing.

Slowly, breathe in and out together, three to five times. Any time a person pulls his hands away or looks down, he is back in his safe bubble that the other person cannot enter. Continue to breathe together.



“The notes I handle no better than many pianists. But the pauses between the notes -- ah, that is where the art resides!”

~ Arthur Schnabel