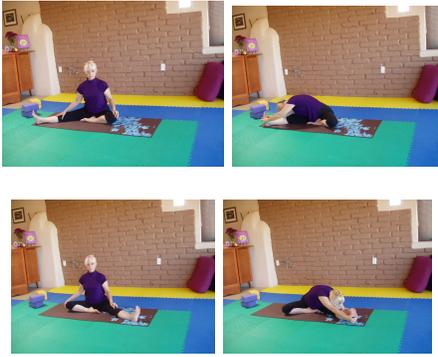


## Stress Rx Workshop Sequence

***Begin with a tension-relieving, detoxifying pose, moving into a series of gentle asanas that release the hips, shoulders and spine; end with quieting Savasana, resolving into a cooling, mind-quieting, releasing finish.***

<p>Virabhadrasana 1 with Ha Kriya (4-5 times on each side)</p>	<p>Come into virabhadrasana 1 with the front leg at 90 degrees to the floor. Inhale and fully extend and straighten the arms and stretch the fingers and the skin of the palms, then make fists of the hands. Forcefully exhale while bringing the arms to the sides and bringing fists into the tops of the thighs. Ensure the inhalations are long and full and the exhalations are forceful to begin to release tension and stress. Repeat on the other side.</p>	
<p>Vrksasana - centering; stay for 6-10 breaths.</p>	<p>Tree Pose- stand with back to the wall for support; slowly shift the weight to one leg. Stand on one foot and place the sole of the opposite foot just above the ankle and below the knee joint. When you feel stable, fold the hands in front of the heart. Turn inward to center yourself. Then release the pose and repeat on the other side.</p>	
<p>Parivritta Janu Sirsasana (10 to 12 breaths on each side)</p>	<p>Sit on a folded blanket with the right leg fully extended toward the right front corner of your mat; bend the left leg and bring the back of the left heel in towards the groin. Inhale to lengthen and straighten the spine; exhale folding to the side over the extended right leg. Feel the lateral length in the left side body from the hips to fingertips. Stay here 10 or more breaths as you release tension in the spine and hips. Switch sides and repeat.</p>	
<p>Bharadvajasana - 4 to 6 breaths; do each side</p>	<p>Pose dedicated to the Sage Bharadvajasana; sit on blanket to support one or both hips. Legs bent to one side, with the ankle of the top leg resting in the arch of the foot of the bottom leg. Bring one hand behind for support, other hand to opposite knee; twist gently away from legs.</p>	

<p>Salamba Matsyasana (4 to 6 breaths)</p>	<p>Supported Fish Pose- place bottom edge of bolster at bottom edge of shoulder blades; support shoulders/ head/neck on bolster; legs can be crossed or extended.</p>	
<p>Supta Virasana (10-12 breaths)</p>	<p>Resting Heroes Pose - Come to kneeling, legs joined then sit buttocks on the heels. Separate the thighs and place a bolster between the legs, hugging the sides of the bolster. If the ankles are challenged, place a rolled or folded blanket between the ankles and buttocks or beneath the ankles. Bring the torso forward over the bolster; rest the forehead on a rolled towel. Place the arms at your side. If bringing the torso this low is challenging, bring the torso back to neutral and place a folded blanket on the bolster to help raise the height. Bring the torso forward, forehead on the folded towel. Releasing the spine, legs and hips, keeping the arms soft and relaxed, stay here for at least 10-12 breaths (longer if comfortable). Bring the torso back to neutral, remove props and sit with legs extended for several breaths.</p>	
<p>Savasana (five minutes)</p>	<p>Corpse Pose; use blanket to support the spine &amp; head. Let the breath become gentle and natural without forcing or pushing it; release entire physical body (muscles and bones) to the ground; quiet the mind. Bring body, breath, mind inward, allowing all to rest quietly for at least five minutes.</p>	