

Relieving stress

Alan Bondy



1. **Alternate Nostril Breathing** •
Nadi Shodhana



2. **Sage Marichi Pose F** •
Marichyasana F



3. **Bound Angle Pose** • Baddha
Konasana

Option

4. **Option Section**



5. **Firelog Pose Twist** • Parivrtta
Agnistambhasana



6. **Seated Straddle Pose** •
Upavistha Konasana



7. **Head to Knee Pose** • Janu
Sirsasana



8. **Wind Release Pose** •
Pawanmuktasana



9. **Happy Baby Pose** • Ananda
Balasana



10. **Reverse Pigeon Pose** •
Sucirandhrasana



11. **Wind Release Pose** •
Pawanmuktasana



12. **Supine Spinal Twist Yoga Pose I** • Supta Matsyendrasana I



13. **Corpse Pose Variation Bolster** • Savasana Variation Bolster



14. **Easy Pose** • Sukhasana