

# Stress Releasing Yoga Poses

Use these yoga poses to help calm your body.



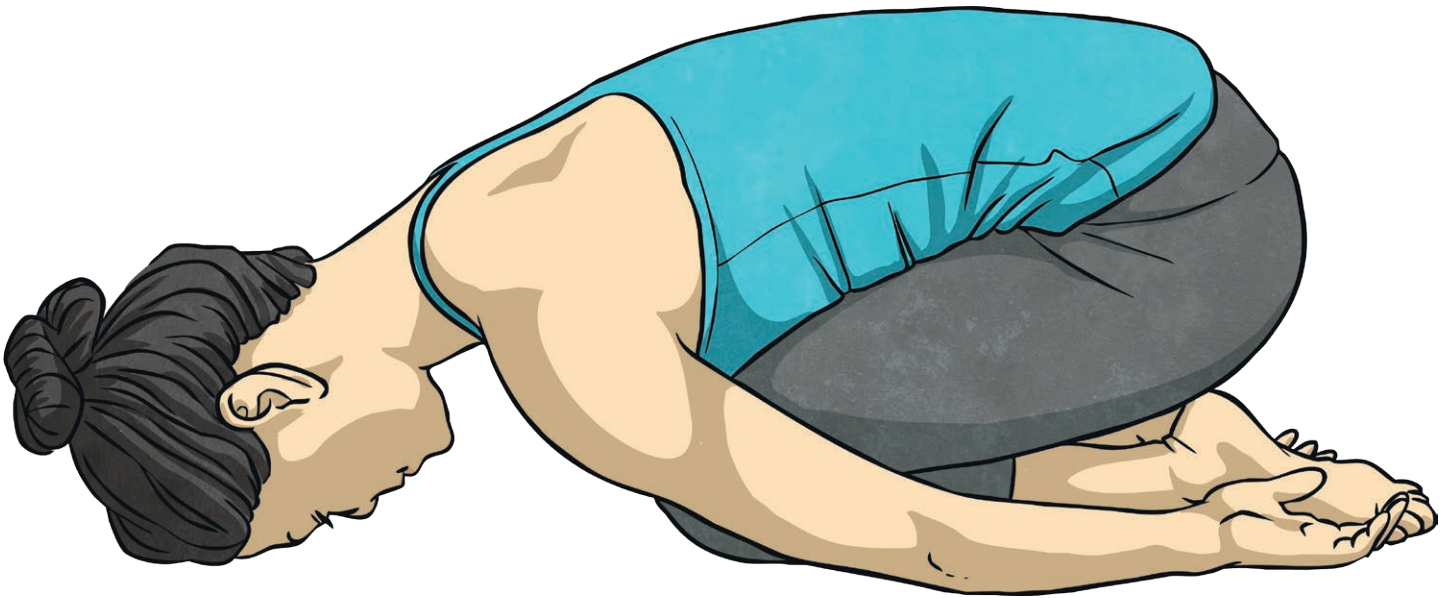
# Eagle Pose (Garudasana)

Relieves tension in the shoulders, back and neck.



# Child's Pose (Bālāsana)

Gently relieves tension in the back.



# Corpse Pose (Savasana/Shavasana)

Lowers blood pressure and quiets breathing.



# Triangle Pose (Trikonasana)

Full-body stretch. This stretch can also improve digestion.



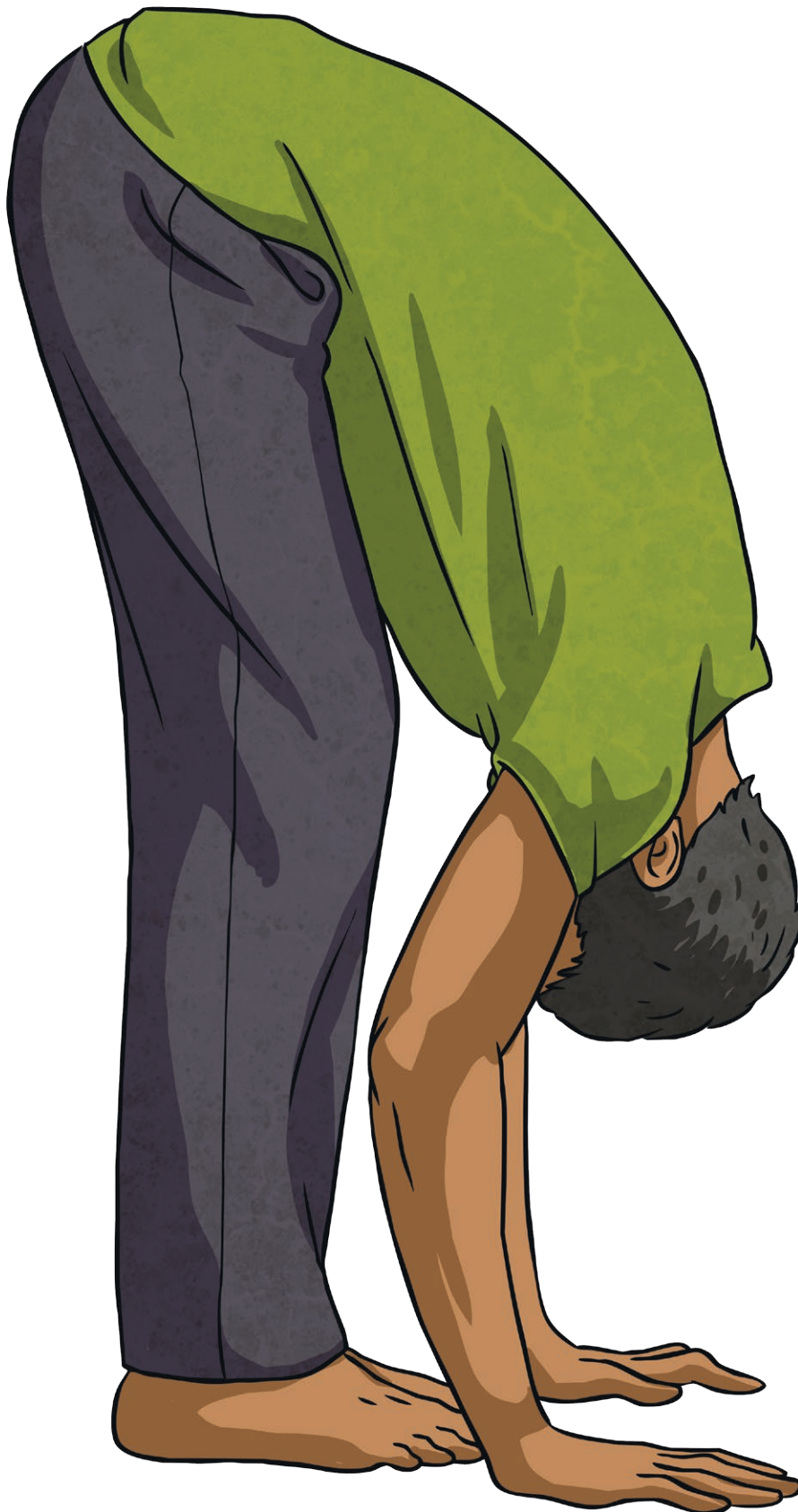
# Legs-Up-The-Wall Pose (Viparita Karani)

Helps blood and lymph drainage to the heart.



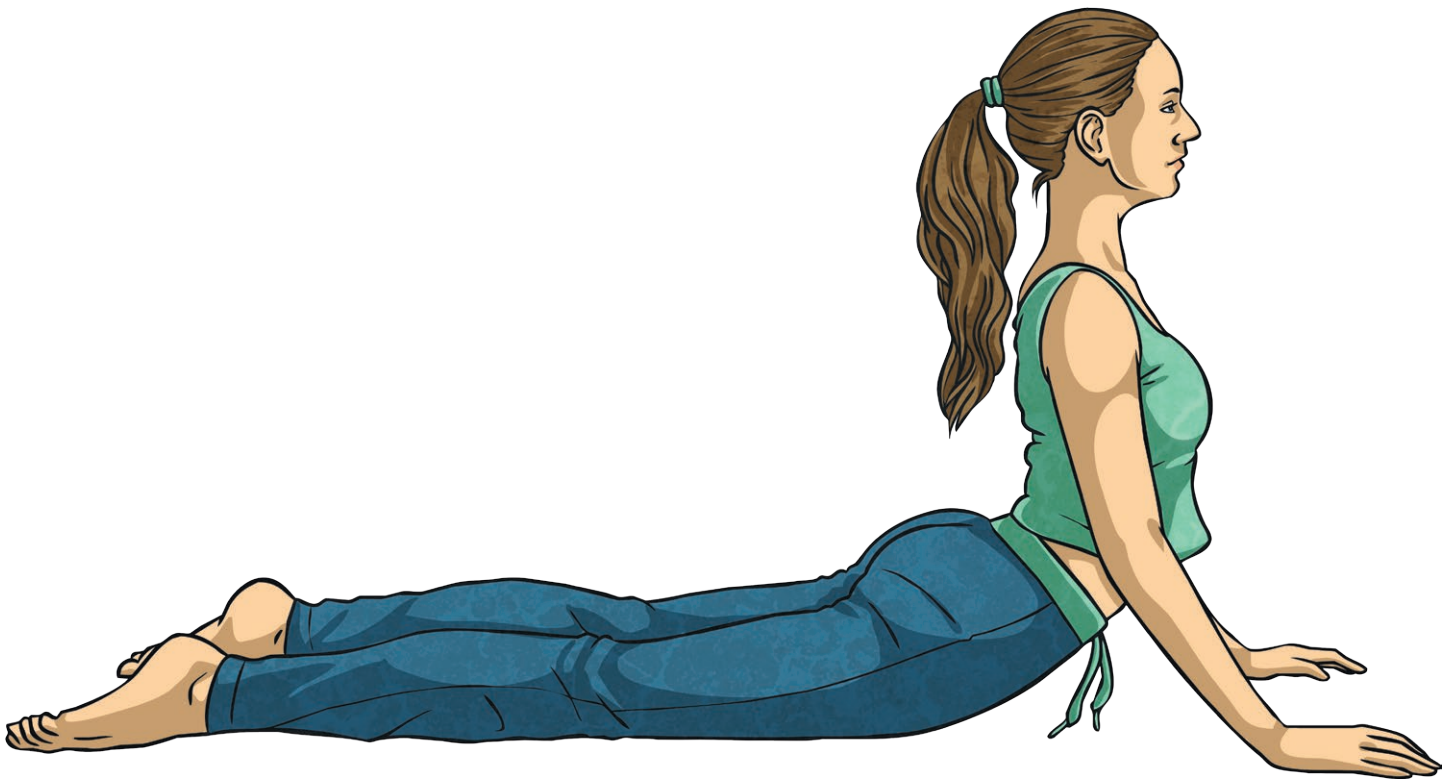
# Standing Forward Bend (Uttanasana)

Stretches the spine.



# Cobra (Bhujangasana)

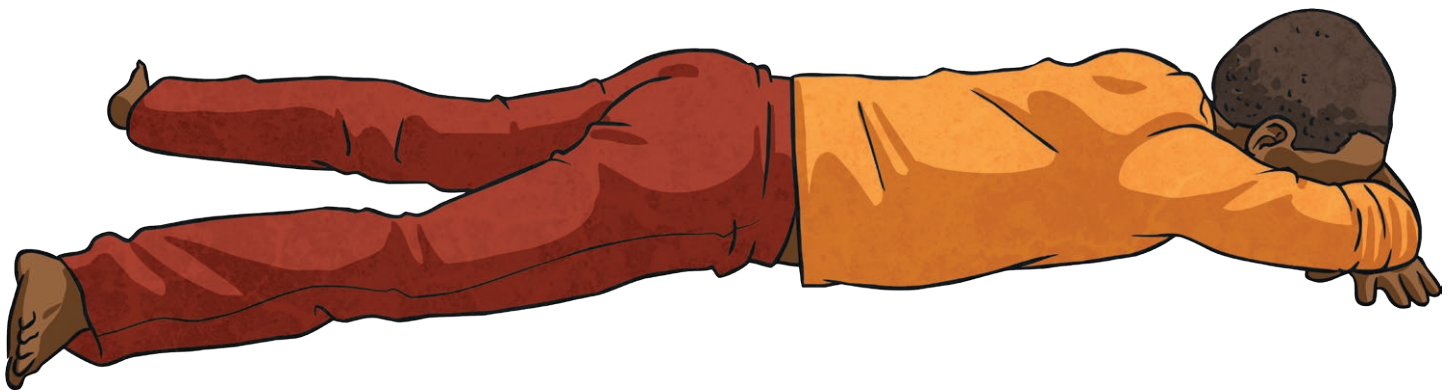
Relieves pressure in the shoulders and stretches the spine.





# Crocodile Pose (Makarasana)

Improves posture.



# Tree Pose (Vriksasana)

Improves posture and tones back muscles.

