REC TIP OF THE WEEK- February 25, 2013

Yoga Poses for Depression and Anxiety
Yoga is really about calming the mind through a combination of breathing and physical poses. The names of the various poses are in themselves indications of the purpose they are supposed to fulfill: the warrior pose for confidence and strength, downward facing dogs for immune health, and so on. The following are poses to combat depression.

First Breathing Posture
Sit in a comfortable seated position. If you sit cross-legged, sit up high enough (on yoga blocks or pillows) so that your knees rest below your hips. Sitting in a chair is okay too, but sit forward by the edge so you can straighten your back. Begin with your hands on your waist and breathe deeply into your belly, pushing your belly out as you inhale. Exhale, releasing your breath slowly. Keep your spine straight for each breath, and allow your breaths to move very slowly through your body.

Downward Facing Dog
Come onto all fours, and place your knees and feet - hips width apart. Place your palms shoulder width apart, and spread your fingers wide (middle finger points straight forward). From all fours, tuck your toes and slide your hips back as you lift your knees from the floor. Straighten your back before your legs (bent knees are fine) and look to reach your tailbone far up and behind you, making sure to lengthen your spine and relax your chest toward the floor. Take five or more slow deep breaths, lengthening your tailbone back and reaching your heels lower. Exhale to come slowly back onto all fours.

Triangle
Find a wide standing posture, and plant your back foot parallel to the back of your mat and your front foot perpendicular. Place your front heel in line with your back arch. Keep both legs very strong and straight. Open your arms wide, front to back, in line with your mat (same side forward as your legs), palms facing down, and extend through both sets of fingers. Relax your shoulders away from your ears.

Warrior I
Step into a wide standing posture. Plant your back foot at a 45-degree angle and your front heel in line with your back arch. Put weight on the outside of your back foot, and pull your belly back as you center your weight. Let your front knee come directly over your ankle. Your palms can either face each other high over your head, or you can extend your arms out to the side with your palms face up. Keep your spine and arms very straight, facing your hips forward. Look forward and breathe deeply for five or more breaths.

http://www.huffingtonpost.com/2011/07/06/6-yoga-poses-for-depression_n_890836.html#s303647&title=Child_Pose