

# Trillium Wellbeing – One-a-Day Gentle Yoga

If you only practice one yoga pose a day – these are some good ones to try :

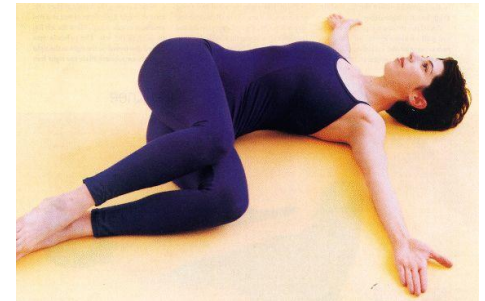
- Symmetrical stretch – lie on the floor, lengthen the body for toes to fingertips...inhale/hold, exhale relax.
- Hip circles – opens up blocked energy in the hips. (do them sitting, on a ball, or standing)
- Child – softens the back and shoulders and stretches hips and legs. Calming and soothing for the mind. (practice the variation that works for you)
- Down Dog – it lengthens and strengthens, plus its great for headaches and anxiety.



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cont':

- Shavasana – use support as needed to be totally at ease. This pose is relaxing, de-stressing, calming, soothing. And, is helpful for headaches, insomnia, depression.
- Legs-up...a wall, or sofa/chair, or bolster. Its refreshing, restorative, calming, and enhances digestion.
- Reclining twist – opens up the heart and lungs, tones torso, improves digestion.
- Bridge on a block (or blanket) – another restorative pose, flexes the spine, opens the chest, calms the mind. Try bridge without the block for a strengthening pose.



Add your favorite one-a-day and don't be surprised if one pose leads to another 😊  
Enjoy!