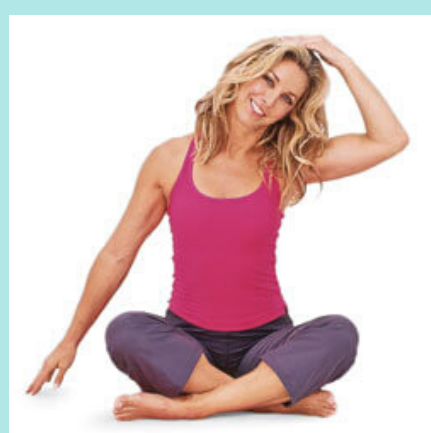
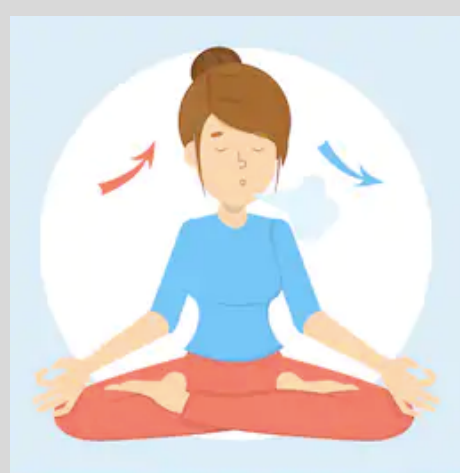


MINDFULNESS BASED STRESS REDUCTION (MBSR)

Sequence of 4 At-Home Yoga Steps

CONSCIOUS BREATHING

Rest on the floor or couch. Exhale longer than inhaling when breathing. Place your hands on your stomach, gently feeling the expansions of the inhale followed by elongation of the exhales.

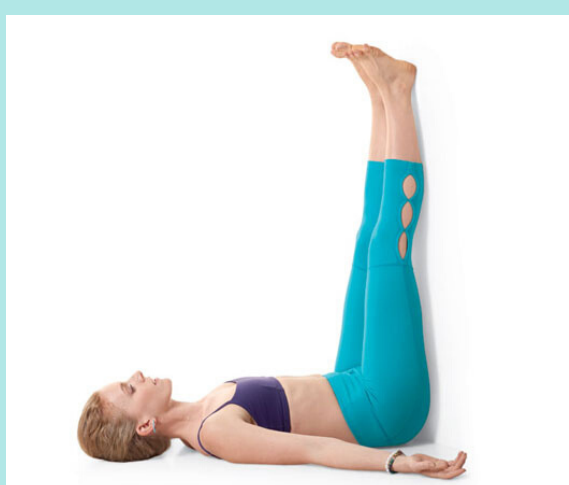


RELEASING TENSION IN NECK & SHOULDERS

Place your arm over your head and very gently pull on your head to stretch your neck and relieve tension in your shoulders. Focus on your breath while you complete the stretch.

SOFTEN & RELAX

To relieve tension in the head, first soften and relax your jaw, temples, and face muscles. Then, self-massage the temples, jawbone, and cheek bones.



LEGS UP ON WALL OR CHAIR

While lying on the floor, place your legs up onto a chair or straight up on the wall. This position helps relax the entire system. Deepen and focus on your breathing.

IF YOU ENJOY THESE, YOU CAN FIND PLENTY
MORE ONLINE!

WWW.EACHBRAINMATTERS.COM



EACH BRAIN MATTERS
THE CENTER FOR NEUROSCIENCES FOUNDATION