

7 Days to Chill

TIFFANY LORD, PRIVATE YOGA COACH

Day 1 Tip: Gratitude, Baby!

WHEN YOU SIT DOWN TO DINNER, GO AROUND THE TABLE AND SAY 1-2 THINGS THAT YOU'RE GRATEFUL FOR.

IF YOU'RE ALONE, SIMPLY JOT THEM DOWN OR SAY THEM OUT LOUD TO YOURSELF.

WHEN YOU'RE FINISHED, CLOSE YOUR EYES AND TAKE ONE DEEP INHALE THROUGH YOUR NOSE AND EXHALE THROUGH YOUR MOUTH.

SMILE AND OPEN YOUR EYES. HOW DO YOU FEEL?

Day 2 Tip: Sama Breathing

FIND A COMFORTABLE SEAT AND CLOSE YOUR EYES.

START BREATHING THROUGH YOUR NOSE, MOUTH CLOSED. FEEL THE RISE AND FALL OF YOUR BELLY AND USE ALL OF YOUR CHEST, DIAPHRAGM, AND LUNGS TO BREATHE.

ON YOUR NEXT INHALE, COUNT TO 3. HOLD YOUR BREATH AT THE TOP FOR 3 COUNTS. SLOWLY EXHALE FOR 3 COUNTS.

DO THIS 5 TIMES. THEN MOVE TO A 4 COUNT BREATH - 5 TIMES.

ON YOUR LAST EXHALE, SLOWLY OPEN YOUR EYES. NOTICE HOW YOU'RE FEELING NOW VERSUS WHEN YOU STARTED.

Day 3 Tip: Mindful Drinking

LOOK AT YOUR BEVERAGE AND NOTICE 2-3 THINGS ABOUT IT.

WHAT DO YOU FEEL WHEN YOU PICK UP THE CUP? IS IT HOT? COLD?

TAKE A DEEP INHALE THROUGH YOUR NOSE OVER THE TOP OF YOUR BEVERAGE. WHAT DO YOU SMELL?

AFTER YOUR FIRST SIP, WHAT FLAVORS DO YOU TASTE? DID YOU ENJOY IT?

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Day 4 Tip: Yoga "Naps"

RECLINED BOUND ANGLE POSE:

LAY ON YOUR BACK. SOLES OF THE FEET TOGETHER. KNEES OPEN WIDE. ARMS ON THE GROUND. CLOSE YOUR EYES AND BREATHE.

SAVASANA:

LAY ON THE GROUND. LEGS OPEN WIDE. ARMS ON THE GROUND PALMS FACE UP. FEEL HEAVY AND MELT INTO YOUR MAT. CLOSE YOUR EYES AND CONNECT TO YOUR BREATH.

Day 5 Tip: Traffic Light Mantra

CHOOSE A MANTRA (WORD OR PHRASE TO REPEAT) THAT HELPS EASE YOUR MIND OR MOVES YOU TOWARDS YOUR GOALS. NEED SOME EXAMPLES? I AM CALM. I AM SAFE. I AM JOYFUL.

SAY IT 5-10 TIMES SILENTLY OR OUT LOUD WHILE WAITING FOR THE LIGHT TO CHANGE. IT'S FINE IF THE GUY NEXT TO YOU IS STARING. HAVE FUN WITH IT AND MAKE IT INTO A SONG IF YOU WANT. EITHER WAY, USE THE SAME STEADY RHYTHM OF YOUR BREATH FOR YOUR MANTRA. NICE AND SLOW.

Day 6 Tip: Get Balanced

TREE POSE:

SHIFT WEIGHT TO THE RIGHT FOOT. PLACE THE SOLE OF YOUR LEFT FOOT ON THE INNER RIGHT LEG ABOVE OR BELOW THE KNEE. KEEP PELVIS NEUTRAL. HANDS AT YOUR CHEST. FIND A POINT OF FOCUS AND CONNECT TO YOUR BREATH. HOLD 3-5 BREATHS. SWITCH SIDES.

HALF MOON POSE:

START IN WARRIOR 2. SHIFT WEIGHT TO FRONT FOOT. KEEP HIPS OPEN AND STACKED AS YOU HINGE TO THE SIDE LIFTING YOUR BACK LEG UP IN LINE WITH YOUR HIP. FRONT HAND REACHES TOWARDS THE GROUND OR BLOCK. BACK ARM EXTENDS TO THE CEILING.

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Day 7 Tip: Reflection

SET A TIMER FOR 1 MINUTE

FREE FLOW WRITE ABOUT ALL OF THE THINGS STRESSING YOU OUT IN YOUR LIFE.

SET A TIMER FOR 1 MINUTE

CIRCLE ANY OF THE THINGS THAT YOU CAN CHANGE.

WRITE HOW YOU CAN CHANGE THOSE THINGS TO DECREASE THE STRESS IN YOUR LIFE.

SET A TIMER FOR 1 MINUTE

FREE FLOW WRITE WHAT YOUR LIFE WOULD LOOK LIKE/FEEL LIKE WITH LESS STRESS IN IT.

WHAT WILL YOU ACCOMPLISH THAT YOU CAN'T NOW?

TAKE A COUPLE OF MINUTES TO MAKE A MINI VISION BOARD WITH PICTURES THAT REPRESENT THE THINGS YOU WANT TO ACCOMPLISH AND HOW YOU'LL FEEL WITH LESS STRESS.

THIS CAN BE DONE ON THE COMPUTER OR WITH CLIPPINGS FROM A MAGAZINE - WHATEVER WORKS FOR YOU. WHEN YOU'RE DONE, PRINT IT OUT TO HANG ON THE WALL OR SAVE IT AS YOUR DESKTOP WALLPAPER.

EVERY TIME YOU LOOK AT THIS, REMEMBER WHY YOU'RE PRACTICING STRESS RELIEF TECHNIQUES...INCLUDING LOOKING AT YOUR VISION BOARD, WHICH SHOULD MAKE YOU SMILE AND RELEASE ENDORPHINS :)

You did it!

A full week of practicing yoga techniques for stress relief is under your belt.

WANT TO SHARE HOW IT WENT WITH ME?
QUESTIONS ABOUT THE NEXT STEP IN YOUR YOGA PRACTICE?
REACH OUT TO ME AT LOVEANDASANA@GMAIL.COM