How to Practice Yoga For Stress Relief

Yoga is a relaxing activity where you learn breathing exercises, stretch your body, and improve your balance and flexibility. It can also provide a lot of healing powers, including helping with any type of stress you are suffering from.

**Components of Yoga That Can Help**

Yoga is great for physical fitness, but that is not the only reason to do it for stress. The practice of yoga relies on both the mind and body, so it helps with stress and various other mental and physical ailments in a variety of ways. There are different styles and forms of yoga, from sweating away in hot yoga, to trying a good relaxing Hatha yoga. There are also different components of the practice of yoga that will help with stress relief.

First are the breathing exercises, which can help you to clear your mind and focus only on breathing for those few moments. It is similar to when you are meditating and can actually help you get better at meditation over time. Yoga also has relaxation as a major component, where you are taught how to fully relax your mind and body from head to toes. Finally, the poses themselves can help with yoga. These movements work on different parts of your body and can reduce physical stress.

**Poses to Try**

If you are interested in doing yoga in order to help with your stress levels, there are a few poses that are good ones to try. While any type of yoga can be beneficial in its own way, these do tend to be more tailored for physical or emotional levels of stress.

**Salutation Seal** – The yoga term for this pose is anjali mudra. The pose can put you in a meditative state in order to reduce stress. During the pose, you will have your hands at the center of your heart chakra, which helps immensely.

**Easy Pose** – With the easy pose, it is often done in the beginning of a yoga class and is good for beginners. It can help you open up your hips, ground your body and mind, and provide calm and relaxation.

**Cow Pose** – The cow pose is often done to warm up your spine, and can be combined with the cat pose. This is another pose working on both your physical and emotional state.

**Additional Tips For Using Yoga to Relieve Stress**

When you are doing yoga, make sure you focus on your breathing. This is a very important element to yoga, in addition to doing the actual poses. Breathing exercises help give you the calm and relaxation you hope to achieve, which makes the poses easier to do and also helps it be beneficial for your stress. If you find it difficult, just stick to the easier poses than gradually work up to the more difficult ones.