

Yoga for Everyone

Kim-Dung Mai, Nurse supervisor and Yoga enthusiast

You don't have to be a yogi to benefit from the stress-relieving, tension-reducing techniques of yoga. We asked Kim to share seven simple poses to incorporate a quick yoga session into your week.

1. Child's Pose

Kim's all-time favorite pose, Child's Pose is the simplest to do, yet has many benefits. It stretches out the spine, hips, and legs. When you are stressed, Child's Pose helps slow the mind and provides comfort. Stay in this pose for as long as you like, and focus on breathing into your nose and out through your nose.

2. Triangle Pose

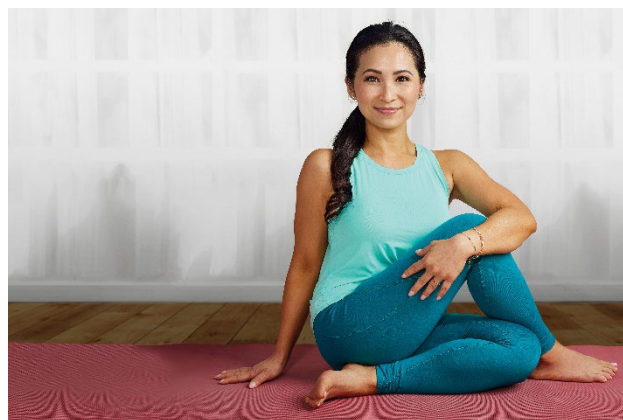
A great pose when you need a breather, Triangle Pose stretches your back while you focus on your breath. Many people carry stress in the lower back, and Triangle Pose releases that tension. If this pose is too difficult, try Downward Dog instead.

3. Downward Dog

This pose is easy for most everyone to do, and there are several variations to increase or decrease the stretch. It provides the same benefits as Triangle Pose.

4. Mountain Pose

Also called "Tadasana," this pose improves posture and helps you become more aware of your body's alignment.



5. Standing Forward Bend

This pose stretches the hips, hamstrings, and calves and relieves tension in the spine, neck, and back.

6. Half-Forward Bend

Half-Forward Bend stretches the back, opens the hips, and stretches the lower leg muscles.

7. Tree Pose

Kim's favorite balancing pose, Tree Pose helps her feel better mentally. "As we get older, we need to work on improving our balance," Kim says. "When you are in this pose, you feel more confident because you are standing tall and proud."