Restorative Yoga Poses for Anxiety

1. Start in *Balasana* (Child’s Pose)

2. Belly-Down Twist

3. *Supta Baddha Konasana* (Reclined Bound Angle Pose)

4. *Viparita Karani* (Legs Up the Wall)

5. *Salamba Sirsasana* (Supported Headstand)
   **Alt: Child’s Pose**


7. *Sukhasana* (Easy Pose)

8. *Supta Matsyendrasana* (Supine Twist)

...And *Savasana*!
Lie down in a comfortable position for 3-5 minutes (or longer!)