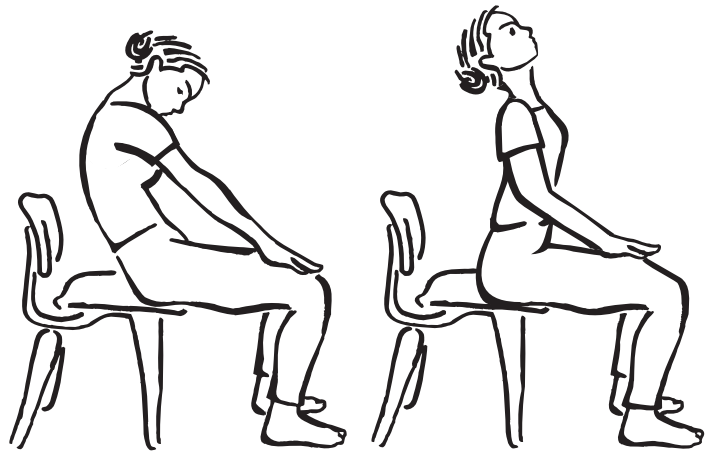


# Reduce stress with timeless yoga techniques

The following exercises are especially helpful in releasing tension in the shoulders, neck, and lower back.

## Seated Cat Stretch

Exhale from your abdomen and let your body fold by tilting your head, shoulders, and pelvis forward. Slowly inhale with a chest or upper lung breath, filling your lungs as you straighten and drawing your head, shoulders, and pelvis back, creating an arch in your back. You have completed one repetition. The benefits of this exercise are best experienced with at least two or three repetitions exaggerating both the breathing and the forward and backward movements.



## Seated Side Twist

This exercise combines gentle stretching and breathing to release tension. Cross your left leg over your right. Hold your left knee with your right hand and drop your left hand over the back of your chair. Lift your upper body tall and straight. Now, accentuate your stretch. Exhale while using your left arm to draw your upper body more to the left and your right hand to draw your leg more to the right. Then inhale. Exhale and inhale slowly two more times. Each time you exhale turn your upper body more to the left. Finally, inhale and return your body to center. Twist three times to the left, then three times to the right.

