


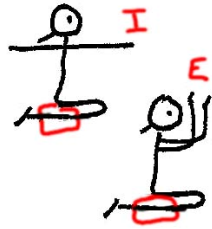





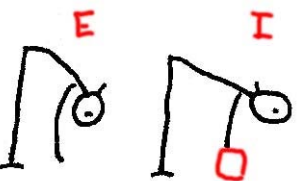


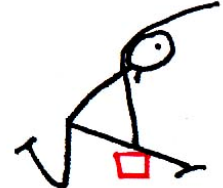
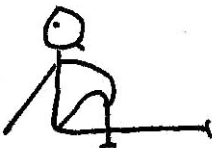

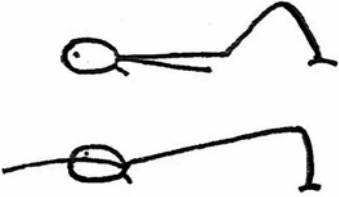
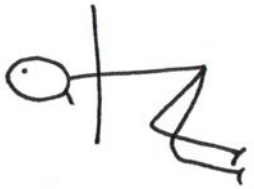
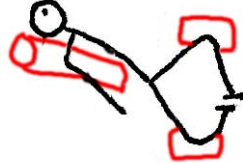



# Stress Relief

First move the body to relieve pent-up energy or Rajas (active), then slowing things down to relieve lethargy or Tamas (passive) in order to produce the Sattvic (balanced) state.

<p><b>Personal Power, Standing strong in the face of obstacles</b></p>  <p><b>Shivalingam Mudra</b> Left hand palm up supporting Right fist with thumb up</p>	 <p>Cakravakasana</p>	 <p>Virasana / Balasana</p>	 <p>Garudasana Arms</p>	 <p>Vrksasana</p>
 <p>Virabhadrasana II</p>	 <p>Hara Squat / Parsvottanasana</p>	 <p>Virabhadrasana I</p>	 <p>Ganeshasana</p>	 <p>Padangusthasana</p>
 <p>Adho Mukha Svanasana</p>	 <p>Balasana</p>	 <p>Parighasana</p>	 <p>Ardha Matsyendrasana</p>	 <p>Sukhasana</p>
<p><b>Wisdom, Eliminates circular thought patterns</b></p> <p><b>Jnana Mudra</b> Touch tips of thumb and index, extend all others</p>	 <p>Moving Setu Bandha</p>	 <p>Reclining Twist</p>	 <p>Supta Baddha Konasana</p>	 <p>Viparita Karani</p>