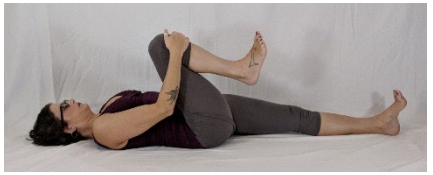
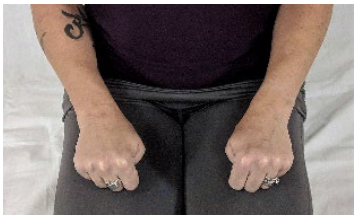
Anxiety Protocol

"I am calm" *"I am calm"* *"I am calm"* **State Sankalpa**	 **Belly Breathing in Constructive Rest**	**FLOOR FLOW** (3 x per side):  **INHALE: Extend Arms Overhead**	 **EXHALE: Knee to Chest**
 **INHALE: Knee Out to Side**	 **EXHALE: Knee Across Twist**	 **INHALE: Knee Extends Up**	 **EXHALE: Knee to Chest**
 **INHALE: Extend Arms Overhead**	 **Windshield Wipers (right)**	 **Windshield Wipers (left)**	 **Legs on Chair (15 min)**
 **Slow Exhalations**	 **Adhi Mudra**	*"I am calm"* *"I am calm"* *"I am calm"* **State Sankalpa**	 **Namaste**