

A person with long reddish-brown hair, seen from behind, is practicing yoga in a dense bamboo forest. They are in a wide-legged standing pose with their arms extended horizontally to the sides. The bamboo stalks are thin and green, with some yellowish-brown leaves. The forest floor is covered in fallen bamboo leaves and branches. The sky is visible through the canopy at the top of the frame.

Yoga For Anxiety 6 Week Course Techniques Covered

1. Emphasize the exhalation

This can be a gentle emphasis during the practise of yoga postures or everyday life.

Or a more formal breathing practise using a 1:2 ratio.

E.g. Inhale for a 3 count exhale for a 6 count.

Combine this with only breathing in and out of the belly.

The exhalation and belly breathing activate the parasympathetic (rest and cover) nervous system.

2. Softer Gentle Movements

Look to soften the jaw and tongue.

Feel the air on the palms of the hands and the soles of the feet.

3. Longer holds when standing

Develop stronger legs and a stable foundation through longer holds of standing postures.

Remember No. 1 and 2 though!

4. Kapalbhati Kriya

Gently draw the point 4 fingerwidths below the navel in and up at the same times as actively 'puffing' a short exhale out the nose.

The inhale is passive and may feel like a short pause of 1 - 2 seconds.

Repeat up to 10 exhales in this way. Rest and then repeat x 3.

Ensure this practise is gentle and no tension is felt around the shoulders, neck and head.

5. Durga Breathing

Take up to 3 sips of breath in on the inhalation, to create space in the ribcage.

This allows greater space to move into in some postures. For anxiety it allows more air to move into the lungs and subsequently a longer exhalation.

This may require a certain level of muscular activation but should not feel forced.

6. Coherent Breathing

Set a timer and practise for 10-15 minutes in a comfortable position.

Inhale for 6 seconds, exhale for 6 seconds.

Keeping a steady count/beat and allowing the exhale to merge into the inhale like a wave (no pauses).

Develops Heart Rate Variability. A.K.A the ability to feel comfortable at different heart rates. The exhale naturally decreases HR and the inhale naturally increases HR.

7. Walking Meditation

Keeping the awareness grounded at the feet, by taking small and accurate steps.

Mentally noting the lifting of the foot, the placing of the foot and the swing of the leg.

There are many variations of walking and mentally noting so practise what works for you.

Aim for 10-15 minutes keeping the mind trained on the task at hand.

8. Mental Noting

While practising postures note the types/qualities of thought that arise.

There are various ways to categorise thoughts.

Simple Method:

Positive, Negative and Indifferent.

Labelling/Descriptive Method:

Analysing, remembering, planning, judging, worrying, doubting.

The idea is to observe and note thought patterns (which arise like waves) and then move on from them.

9. Other Tips

- **Eye exercise: Looking to the sides slowly and steadily.**
- **It's your practise, practise what works for you.**
- **Hand gestures like mudras, if practised when feeling at ease can overtime become cognitively paired with feeling at ease, allowing us to re-create that feeling when assumed in everyday life.**
- **Limit the number of hip opening poses that are passive and don't require active strength.**

Disclaimer

This resource is designed as a memory aid following in-person tuition.

If in doubt please stop and contact Dan directly for professional advice.

When practising these techniques you assume full responsibility in the unlikely event any harm or damage occurs to yourself or others.

Look for ease and comfort in the practises!

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