

Stress Management with Heartfulness Relaxation & Yoga

Ekadyu Well-Being Program

Understanding Stress and Relaxation

Stress is a natural response to challenges but prolonged stress can lead to mental and physical exhaustion. Heartfulness relaxation and yoga help calm the mind, enhance well-being, and improve focus.

Benefits of Relaxation and Yoga

- **Reduces Anxiety:** Lowers stress hormones and improves emotional stability.
- **Enhances Focus:** Increases concentration and mental clarity.
- **Improves Physical Health:** Boosts immunity, reduces muscle tension, and promotes deep sleep.
- **Increases Energy Levels:** Releases stored tension, leaving you refreshed.

Heartfulness Relaxation Practice (5-Minute Guide)

Purpose: This practice promotes deep relaxation, helping the body and mind unwind.

1. **Find a Comfortable Position:** Sit in a quiet place.
2. **Close Your Eyes:** Take a deep breath and exhale slowly.
3. **Gently Bring Attention to Your Body:** Start from your toes and move upwards.
4. **Release Tension:** Consciously relax each body part – legs, stomach, arms, neck, and face.
5. **Focus on Your Heart:** Feel a sense of calmness spreading within.
6. **Stay Still for a Few Moments:** Let go of any remaining stress before opening your eyes.

Pose	Benefits
Child's Pose (Balasana)	Deep relaxation, relieves tension in the spine and shoulders.
Cat-Cow Pose (Marjariasana)	Loosens back muscles, improves flexibility.
Seated Forward Bend (Paschimottanasana)	Stretches back muscles, reduces anxiety.
Bridge Pose (Setu Bandhasana)	Strengthens the back, improves circulation.
Legs Up the Wall (Viparita Karani)	Reduces fatigue and enhances relaxation.
Corpse Pose (Shavasana)	Deep relaxation, lowers heart rate, and calms the mind.

Yoga Poses for Relaxation

Practicing gentle yoga stretches the body, improves blood circulation, and enhances relaxation.

Daily Relaxation Routine

To experience long-term benefits, integrate relaxation and yoga into your daily schedule:

1. Start your morning with **5 minutes of Heartfulness Relaxation**.
2. Practice **gentle yoga for 15 minutes**.
3. Take short **mindfulness breaks** during the day.
4. End the day with **Legs Up the Wall pose (Viparita Karani)** for full-body relaxation.

Final Notes

Consistency is the key to reducing stress. **Make relaxation and yoga a daily habit to enhance well-being and inner peace.**

****Start today and track your progress!****

For guided relaxation videos and more resources, visit: www.ekadyu.org