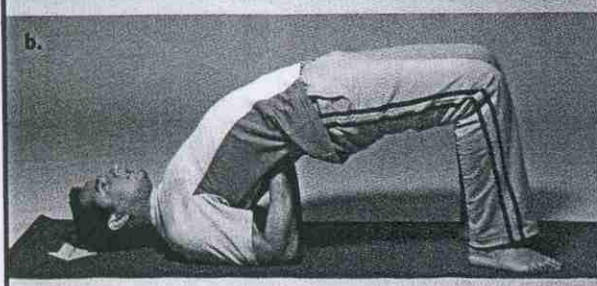


You need an energy-calming workout

TRY: YOGA THERAPY
The calming effects of yoga are well-known. In this workout, the instructor employs a variety of asanas to calm your mind and to combat fatigue.

A person with an erratic energy pattern finds herself clumsy and easily irritated. One moment, she's calm and another, she's snapping at everyone. If you fall into this category, chances are you're pretty bruised all over from knocking into the corners of your furniture. Sleep doesn't come easily cos your mind gets worked up at the slightest thought of the things that happened during the day.

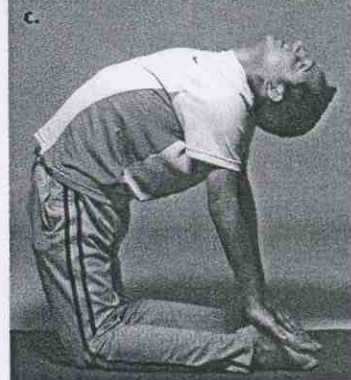
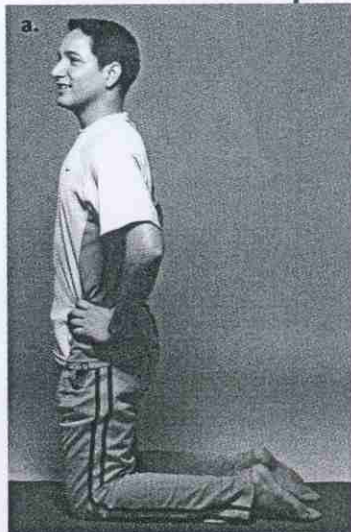


Bridge pose

a. Lie supine on the floor. Place a thickly folded blanket under your shoulders to protect your neck. Bend your knees and set your feet on the floor, heels as close to your sitting bone as possible.

b. Exhale, push your tailbone up and lift your buttocks off the floor. Keep your thighs parallel. Use your hands to support your waist and continue lifting your buttocks until your knees, thighs and chest form a straight line. Your head, neck, shoulders and arms should all be resting on the ground. Hold this pose for a few breaths and slowly roll your back down.

Caution! If you have a neck injury, do not practise this pose unless you're under the supervision of an instructor. Be sure to come down to the floor slowly and not in one sharp movement!



Camel pose

a. Kneel on the floor, keeping your thighs and feet together, toes pointing back and resting on the floor.

b. Rest your palms on your hips, stretch the thighs and curve your spine back, extending the ribs.

c. Exhale and place your palms on your heels. Press down on your heels and bend your head further back, pushing your spine towards your thighs. Be sure your thighs are perpendicular to the floor.

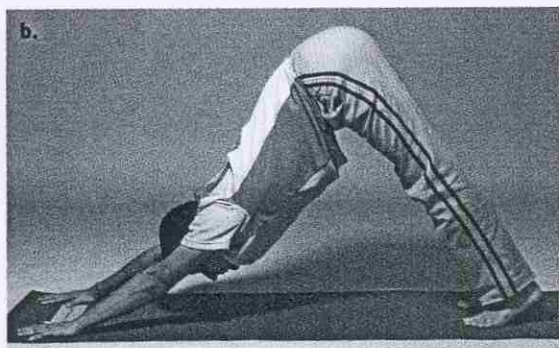
d. Contract your buttocks and stretch your spine further. Remain in the position for a few breaths.



Upward facing dog

a. Lie on the floor, on your stomach, face downwards. Keep your feet about a foot apart, toes pointing straight back. Place your palms on the floor by the side of your waist, fingers pointing front.

b. Inhale and raise your head and trunk. Straighten your arms completely, push your chest forward and tilt your head back as far as possible. Keep your knees and hips off the floor. Your buttock muscles should be contracted tightly.



Downward facing dog

a. Get on all fours and set your knees directly below your hips. Your hands should be placed slightly in front of your shoulders.

b. Exhale and lift your knees away from the floor. Lift your sitting bone to the ceiling. Your heels and soles of the feet should be resting flat on

the floor, while both your legs should be perfectly straight. Do not, however, lock your knees. Keep your arms straightened with your head between them.

c. Stay in this pose for a few breaths, breathing deeply. Exhale and lower your body gently to the floor.