

### "Stress reduction – the 1 minute yoga effect"



recording

We DO stress in our bodies – tensing, lifting, contracting, etc. – therefore we can release stress through our bodies and regulate our energy levels too. What are your stress patterns? Where and how do you breathe, where is your weight, where do you tense (e.g. eyes, tongue, jaw, shoulders, lower belly...) Practice to recognize early signs and undoing them.

#### Micro practices

##### Centering:

Basic principle: align your posture, expand awareness, relax your body, breath deeply, connect to what soothes you.

- simple: posture, awareness, imagery, sounds, breath, tension release, smile
- social: connection, care and soothing (people, animals, nature)
- holistic e.g. ABC technique\* (Awareness, Balance, Core relaxation/Connection)

##### De-numbing and energising ourselves:

- activate your body through touch and movement: stroking, tapping, shaking, stretching, massaging, dancing...
- connect to your lower body (feeling feet on the floor, pelvic area, stomping) and direct movement up: bouncing, jumping, lifting arms, chest breath...

##### Letting go off:

Set the intention to let go off and support it with movement e.g. releasing your upper body over knees, breathing out and letting head, arms and shoulders hang loose.

\*created by Mark Walsh, see also his [book on centering techniques](#)

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