

Module 5

Topic: Yoga for Stress Management

Overview

What is Stress?

Yoga as a Way of Life for Stress Management

- Ahara
- Achara
- Vyavahara
- Vihara
- Vichara

Yogic Practices for Stress Management

Asanas

- Hastottanasana
- Trikonasana
- Ushtrasana
- Bhujangasana
- Sarvangasana
- Shavasana
- Padahastanasana
- Shashankasana
- Ardhamatsyendrasana
- Makarasana
- Matsyasana

Kriyas

- Kapalabhati

Pranayama

- Anuloma-Viloma
- Bhramari
- Bhastrika
- Sheetali

Yognidra

- Body Awareness
- Coming Back
- Breath Awareness

Meditation