

Stress Relief YOGA POSES



Yoga can enhance your mood and overall sense of well-being. Here are some recommended yoga poses that can help melt your stress.



Standing Forward Bend



Cat-Cow Pose



Easy Pose



Head to Knee Forward Bend



Bridge Pose



Child's Pose



Corpse Pose

If you have questions about these exercises, email 15forme@enrichvisits.com, where a certified health coach is available to provide you with additional support.