

YOGA TO

Restore Your Energy

WITH COURTNEY

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- Uttanasana
- Baddha Konasana
- Supta Padmasana



- Supta Virasana
- Ardha Padmasana
- Parivrtta Janu Sirsasana

- Setu Bandasana
- Sarvangasana
- Halasana

- Sphinx w/ quad stretch
- Kapotasana
- Paschimottanasana

BENEFITS:

- GOOD CIRCULATION
- CALM THE NERVES BY STIMULATING THE PARASYMPATHETIC NERVOUS SYSTEM
- DECREASE DEPRESSION AND ANXIETY SYMPTOMS
- EASE FATIGUE
- IMPROVE IMMUNE FUNCTION

CONTRAINDICATIONS:

- DISC PROBLEMS
- HIGH BLOOD PRESSURE
- GLAUCOMA
- SINUS BLOCKAGE
- OBESITY
- GENERAL WEAKNESS IN UPPER BACK/SHOULDERS/NECK

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Salamba Sarvangasana

Shoulderstand

An Inversion a day keeps the stress at bay.