

5

Effective Yoga Poses

to fight depression



Overview

Numerous studies have shown yoga helps to fight depression. It helps to elevate mood, reduce anger, anxiety and fatigue. Here is a list of five yoga poses that you can follow to stay calm, positive and energized.

1

Balasana (Child Pose)

Balasana helps calm your brain and relieves stress and anxiety. It gently stretches your lower back and hips, enabling your body to relax. Peace and calm prevail over your entire being, helping you deal with your depression better. Balasana is considered as one of the most comfortable yoga poses.



Steps

- All you have to do is kneel and sit on your heels. Make sure your big toes touch each other.
- Keep your hands on your knees and spread your knees hip-width apart.
- Then, bend your torso forward, in between your divided thighs, with your face touching the ground.
- Bring your arms forward and place them on either side of your head, with the palms facing down.
- Be in this position for a few minutes.

2

Sethu Bandhasana (Bridge Pose)

Sethu Bandhasana strengthens the back muscles and relieves a tired back. It helps you relax and works wonders for people suffering from stress, anxiety, and depression. Sethu Bandhasana opens up your heart, making you feel light and at ease



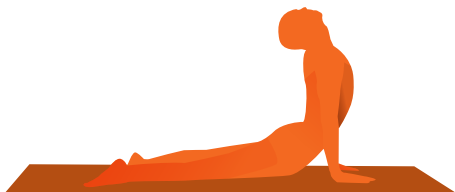
Steps

- Lie down on the floor on your back.
- Keep your arms on the floor on either side with the palms facing down.
- Lift your legs by folding them at the knees
- Make sure the ankles and knees are in a straight line, and the feet are a few inches apart
- Then, gently lift your entire back off the floor and stay there for a few seconds
- While doing this, your thighs should be parallel to each other, and your chest should touch your chin
- Make sure you do not bend your chin

3

Urdhva Mukha Svanasana (Upward-Facing Dog Pose)

Urdhva Mukha Svanasana can easily cure mild fatigue and depression. It has an overall rejuvenating effect on your body, and all the stress trapped in your back will vanish. Urdhva Mukha Svanasana strengthens and awakens your upper body



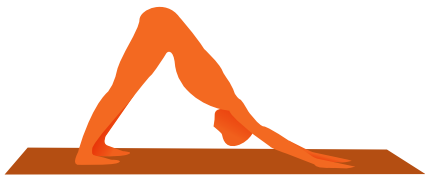
Steps

- Lie on the floor with your face down and legs following the same with the toes facing downward and a few inches apart.
- Place your palms near the chest on either side, facing down
- Keep your palms close to your ribs.
- Lift your torso and straighten your arms and legs a few inches off the floor
- Press the top part of your feet firmly into the ground
- Keep your head straight or facing upwards and your shoulders away from your ears and let your chest rise

4

Adho Mukha Svanasana (Downward-Facing Dog Pose)

Adho Mukha Svanasana enables fresh blood to flow into your body. It stretches the neck and cervical spine, releasing the stress in them, thereby reducing anxiety and calming your being. Adho Mukha Svanasana strengthens your abdominal muscles and improves digestion.



Steps

- Make a posture of a table with your body. Use your legs and hands to make the legs of the table and your back as the table top
- Now, straighten your elbows and knees, pushing your hip upward and forming an inverted V-shape with your body
- The hands should be shoulder-width apart, legs hips-width apart, and the toes pointing straight
- Firmly press your hands to the ground and straighten your neck
- Your ear should touch your inner arms
Keep your eye gaze at your navel.

5

Savasana (Corpse Pose)

Savasana rejuvenates you and helps your body relax. It reduces blood pressure and lets the effects of the previous poses to sink in better. After all the mind and body invigorating poses, Savasana will give you all the rest and scope to heal.



Steps

- Lie on the floor on your back
- Keep your feet a few inches apart and let them fall sideways
- Let your arms lie alongside your body with your palms facing upwards.
- Now, gently close your eyes and let your whole body relax, slowly and gently
- Take deep breaths, and stay in the moment