



Your Daily Practice

Episode 25

The Psychological Science of Yoga with Dr. Julie Kangas

According to Dr. Julie Kangas three components of yoga that contribute to it's effectiveness include physical activity, breathwork, and mindfulness. Here are three mini practices to add to your day this week!

3 Mini Yoga Practices

1. Practice a Counter Pose. If you are at a computer all day, interlace your hands behind your back and stretch your chest. If you sit a lot, try legs up the wall.
2. Extend Your Exhale: Focus on long out breaths to activate your vagus nerve
3. Be Mindful: Bring your full attention your body in this moment. Notice the many subtle and amazing things your body is doing to keep you alive! (edited)