

yoga is a great way to take a break from our hectic lives and make time to destress and feel better. most of these poses look simple yet can be quite challenging. so, remember, **it's not about doing the poses perfectly. it's about letting go and giving your body and your brain a break.** and by doing so, you become stronger. next time you're worried about that spanish quiz or the big blowup with your bestie, try some yoga. namaste.

easy pose

this is a great pose for starting your "chillax" session. find a quiet place, close your eyes and start to focus on your breath. easy pose may look easy, but it can be challenging for those with tight hips and hamstrings. you may want to sit on a folded blanket or pillow to relieve some of the tightness along the hips and back and to make it more comfortable.



forward fold

inhale as you sweep your arms upwards toward the sky. then exhale as you fold your body forward from the hips, making sure to only fold forward as much as feels comfortable for your back and hamstrings.

if you're not very flexible, be sure to allow for some bend in your knees. this will make the pose more comfortable and effective. be sure to keep your hips directly over your ankles. and relax your neck so that you're not tensing it to hold the pose.

legs up the wall

inversions are great for dealing with so much of what stresses us out these days. and "legs up the wall" is my absolute favorite. sit sideways next to the wall. swing your legs up onto the wall, placing your back, shoulders and head on your mat. lay your hands next to your hips, palms facing upwards. take a deep breath and let it all go!



don't stress out when your mind starts to wander.

it will. just try to focus on your breath again. it can take a few sessions to get comfortable with this practice, but the payoff will be worth it. you will find that by taking only a few minutes each day—or even just a few times each week—you will start to feel less anxious and more peaceful.

child's pose



this pose is a great way to let go and release the tension of the moment. sit on your heels and point your knees toward the sides of the mat. keep your toes connected, or touching, so that you're creating a v-space with your lower body. fold your upper body forward, rest your forehead on the mat and extend your arms forward. take a breath, close your eyes and release all the tension in your shoulders and neck.



for a variation on this pose, you can place your hands toward the back of your mat, resting next to your hips, with your palms facing upwards. and if it feels better to rest your torso on top of your thighs, go ahead and adjust this pose by bringing your knees together.



"legs up the wall is my favorite pose. you just get to relax and rest. it makes me realize that i don't need to be so stressed and helps me let everything go." - *awa (11)*

lolo's studio

is New Orleans' first youth-centered yoga studio. Through yoga, fitness and art, Lolo's is bringing body + mind together and helping youth tap into their internal power so they can better manage physical and mental stress.

Learn more at lolosstudio.com or check out Lolo's Studio on Instagram at [@lolosyouthyoga](https://www.instagram.com/lolosyouthyoga).

