
Yoga for Stress & Tension

With Monica Stone

Your Virtual Yoga Instructor & Mentor



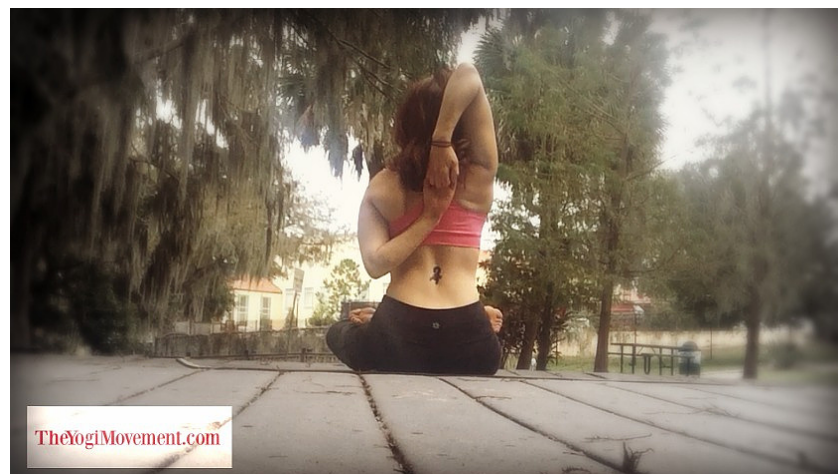
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Enjoy!

Start with Cow & Cat. Inhale as you lower the belly & arch the back. Exhale as you pull in the belly and round the back. Do this until you feel like you've created a meditation & your breath is steady.



**Remember:
Hold each
posture for
five or more
breaths**



**Don't forget
to switch
sides!**



**Steady your
breath.
Steady Your
Mind.**



**What are you
feeling?**





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