

Yoga Practice for PTSD

1. Sit on your bottom with arms to your side, eyes open softly.
2. Scan your body as if you were a video camera, noticing how things feel physically.
3. Stretch arms and legs as you inhale and exhale.
4. Place your palms on your belly. Take three deep breaths in and out.
5. Become aware of the sensations around you- smell, light , the floor, temperature,
6. Lengthen your spine. Become aware of your space again. Smell, light, sound, the floor, temperature, where you are in the room.
7. Seated mountain. Outstretch your lower limbs. Elevate your torso on a yoga block or low pillow if your back is rounded. Sink into the floor, feeling the support of the floor.
8. Twist your torso to the right. Your head will follow. Exhale . Inhale. Lengthen the spine. Exhale again. Stay in a twist on the right side for at least 3-5 breaths.
9. Repeat on the other side.
10. How do you feel?

