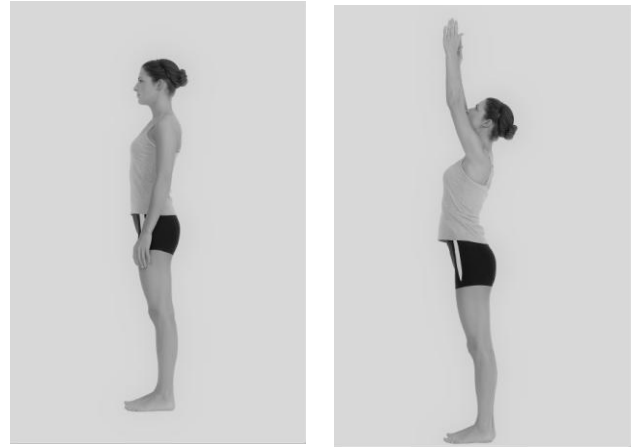


Yoga for Chronic Pain and Depression

Pain and depression are often related. Depression can cause pain like backaches or headaches. Pain can also lead to trouble sleeping and depressed mood. This cycle can get in the way of enjoying life! These yoga poses can help you lower pain and help your mood. Try these yoga poses at home to feel happier and healthier!

Mountain:

Stand with your feet together, shoulders back and arms at your sides. As you breathe in, bring your arms out to your sides and over your head. Look up at your arms. As you breathe out, bring your arms down at your sides and look down. **This pose helps with your posture. It also helps lower back and hip pain.**



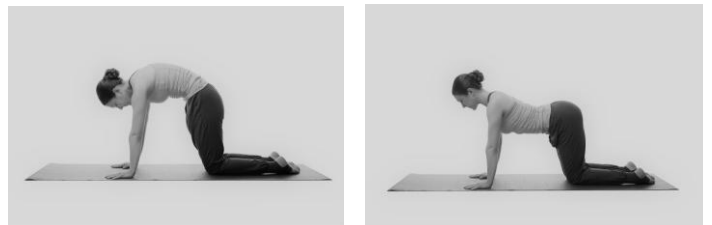
Crescent Moon:

Lift your arms above your head and grab one wrist with the other hand. Reach your body towards the ceiling. Slowly move your hips from one side to the other. Switch hands and repeat. **This pose helps with circulation and helps you focus.**



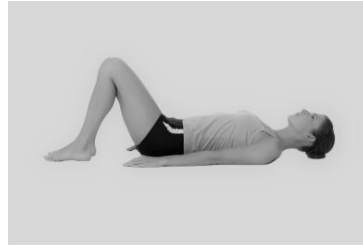
Cat and Cow:

This can be done with your hands and knees on the floor or sitting in a chair. As you breathe out, lift your back to the ceiling so it is rounded. As you breathe in, lift your chest and bottom towards the ceiling, letting your belly sink to the floor. **This pose helps stretch the neck and chest to lower pain.**



Bridge Pose:

Lay on your back with your knees bent and feet on the floor, slightly apart, arms at your sides. Press your feet and arms into the floor and lift your bottom upwards. **This pose stretches the chest and spine and helps lower stress.**



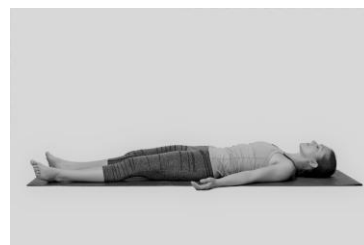
Constructive Rest:

Lay on your back with your knees bent and feet on the floor, slightly apart. You can also place your legs up a wall or resting on a chair. **This pose helps relax your core to lower back pain and help you feel calmer.**



3 Part Breathing:

You can do this post laying down, standing, or sitting. Breathe deeply, focusing on the air filling first your belly, then your ribs, then your upper chest. Slowly let the breath out. Repeat. **This pose helps lower anxiety and stress and helps you feel relaxed.**



For questions about wellness, contact (212) 432-8494 or wellness@chnnyc.org