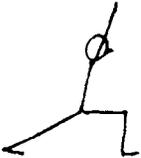


## Balance your nerves

*When your nerves are shot, you need to find comfort and calm energy.*

<p>Mountain Pose: <i>Tadasana</i></p> 	<p>Take the time to stand in Mountain Pose and repeat the mantras:          "I am peaceful." "I am confident."          "I am strong."          You can talk yourself into a peaceful state. Feel strong, tall and rock solid.</p>
<p>Warrior 1 Pose: <i>Virabhadrasana 1</i></p> 	<p>Live life confidently like a fearless warrior. Sometimes just striking a pose of fearlessness can boost your confidence, as your body remembers its own power. Find the power in this pose by securing your foundation and energizing the body.</p>
<p>Warrior 2 Pose: <i>Virabhadrasana 2</i></p> 	<p>When you're feeling meek try the Warrior Poses to get you back on track. Hold each pose for several breaths, increasing the breath each time. Secure your foundation, center yourself in the present and energize. Shine out as much as you draw strength in.</p>
<p>Eagle Pose: <i>Garudasana</i></p> 	<p>Find balance in your life. A balanced body mirrors a balanced life. Standing poses test your bodies balance, but also your mind's ability to stay focused and shut out distractions. This is a good for stability as well as a deep stretch for the mid back and shoulders.</p>
<p>Warrior 3 Pose: <i>Virabhadrasana 3</i></p> 	<p>Let your confidence soar. Set your foundation, find your stability and soar by consciously sending energy through the muscles and bones of your body. Adapt to change by exploring different arm positions; out in front, to the sides or back by the hips.</p>
<p>Tree Pose: <i>Vrikshasana</i></p> 	<p>Balance poses help you stand up straight so you don't slouch. Think about what your body language communicates. Send roots down into the earth, draw in nourishment from the earth and the sun, grow tall and extend out as much as you draw in. Train your body to stand in a positive way.</p>
<p>Seated Twist: <i>Marichiasana</i></p> 	<p>Even when life gets all twisted you should still be able to breathe. Twists cleanse the body of toxins and tone the abdominal muscles. Consciously pull the navel in on inhale and sit tall, on exhale deepen your twist. Breathe.</p>

<p>Plank Pose: <i>Chaturanga variation</i></p> 	<p>When your core is strong you carry yourself with confidence and grace. A strong core protects your back and improves your posture. Help your abs out by activating the legs and sending energy out to every muscle and bone. Pull the navel in to lengthen the spine.</p>
<p>Down dog: <i>Adho Mukha Svanasana</i></p> 	<p>If you only have time to do one pose this is it! Dogs are smart, they know how to stretch and strengthen the body all at once. To get the most out of this pose you've got to persevere. If your legs are uncomfortable, try bending the knees one at a time until you walk out some of the tension.</p>
<p>Child's Pose: <i>Balasana</i></p> 	<p>Relax your nerves. Allowing the forehead to rest softly on a surface helps to relax the nervous system. Use a block if your forehead does not reach the floor comfortably. Follow the breath. Use the mantra "I am breathing in, I am breathing out."</p>
<p>Corpse Pose: <i>Savasana</i></p> 	<p>Savasana is conscious relaxation. Scan the body for tension. Use the breath to inhale in peace and exhale out tension. You may want to use the mantra above or a progressive muscle relaxation technique; tensing then relaxing from toes to head. If its stress that is getting to you try using a lavender eye pillow.</p>

### Breathing in and breathing out

One of the simplest, safest and most powerful breathing practices you can undertake on your own behalf is to consciously follow your breathing in the many circumstances of your life. As you inhale, simply be aware that you are inhaling. As you exhale, simply be aware that you are exhaling.

You may want to add the mantra:

"I am breathing in."

"I am breathing out"

Try this practice for 10 minutes or so at a time at least three times a day. It will help free you from your automatic thoughts and emotional reactions and thus enable you to wake up in your daily life more often, to live with more receptivity and clarity in the present moment. You may find this practice especially useful at moments when you are anxious or angry. With roots in Buddhism and the other great spiritual traditions, this is a wonderful practice for both beginners and advanced practitioners.