



This month's 20-minute workout Yoga for Stress Relief

Yoga poses are like a rinse cycle for your brain—you come out feeling totally cleansed. Julie Kleinman, director of programming at YogaWorks, a national chain of studios, recommends doing this series of insta-relaxers:

- 1. Puppy Dog** Stand facing wall. Bend at hips and place palms against wall so that upper body and arms are parallel to floor. Look down and take 5 slow breaths. Walk feet toward wall and stand up slowly.
- 2. Cat and Cow** Get on all fours with wrists under shoulders, knees under hips. Inhale, arching back and pulling chest forward. Hold for 1 count and exhale, rounding back and dropping head to look at navel. Do 5 reps.
- 3. Child's Pose** From all fours, sit on heels. Lower chest to thighs and forehead to floor, resting arms by head on floor. Hold for 5 breaths. Stretch arms forward until straight, keeping hips down; hold for 5 breaths.
- 4. Downward-Facing Dog** On all fours, curl toes under, lifting hips; form an upside-down V. Hold for 5 breaths. Return to child's pose. Do 3 reps.
- 5. Legs Up the Wall** Lie faceup in front of a wall and lift legs, resting heels or backs of legs against wall. Breathe slowly; hold for 5 minutes.