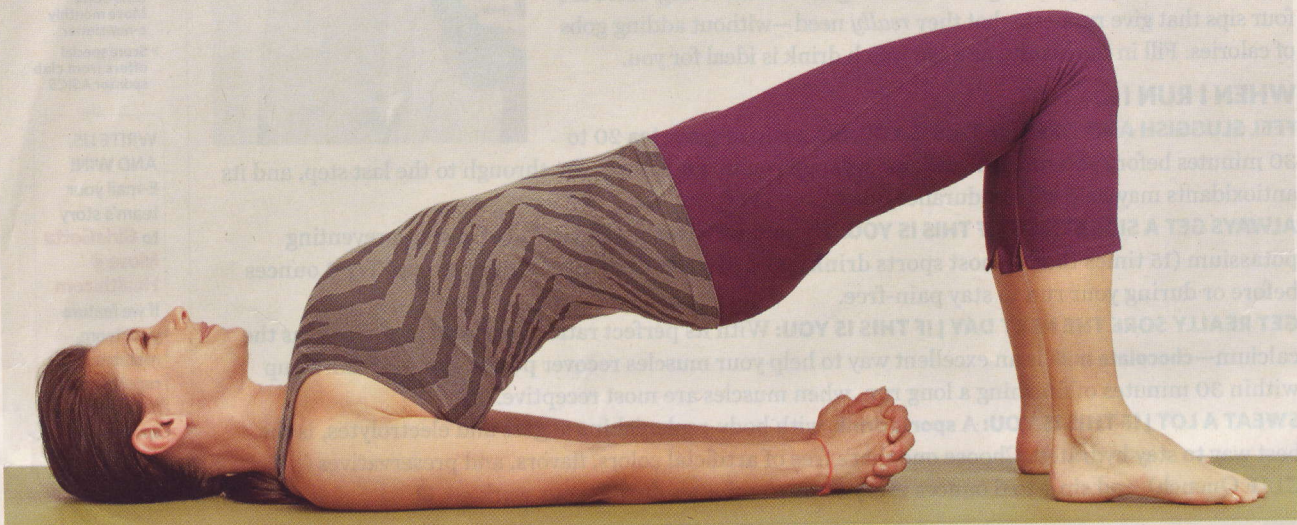


# Instant Stress Buster

Feel a whole lot calmer with one simple pose. *By Sara Ivanhoe*

Yoga is one of the best calm-down tricks, and you can easily do it at home. Go for back-bending poses: they create space in your chest, allowing more oxygen to flow to your lungs. When that happens, your heart doesn't have to work as hard, and your heart rate and blood pressure go down, making you feel much more Zen. One of the simplest yet most effective back bends is **Bridge Pose**. Try it the next time you're on edge—you should begin to feel more serene right away.



## How To

Lie on your back with your knees up and feet flat on the floor hip-distance apart. Let your arms rest by your sides as you lift your hips toward the ceiling. Tuck your tailbone slightly, and draw your belly button in toward your spine. Once you feel comfortable, interlace your fingers underneath you and gently wiggle to move your elbows and shoulders together, opening your chest. Press down with your hands and feet to increase the lift. Hold 5-15 breaths, then release. Repeat 3-5 times. **■**

**YOGA FOR YOUR BODY:** Sara Ivanhoe's newest DVD series is *Yoga on the Edge*. She teaches at YogaWorks in Santa Monica, California, and is the creator of the Web site [YogaNation.com](http://YogaNation.com). Tell Sara what you'd like yoga to do for you at [Health.com/Sara](http://Health.com/Sara).

## Magic Yoga Move

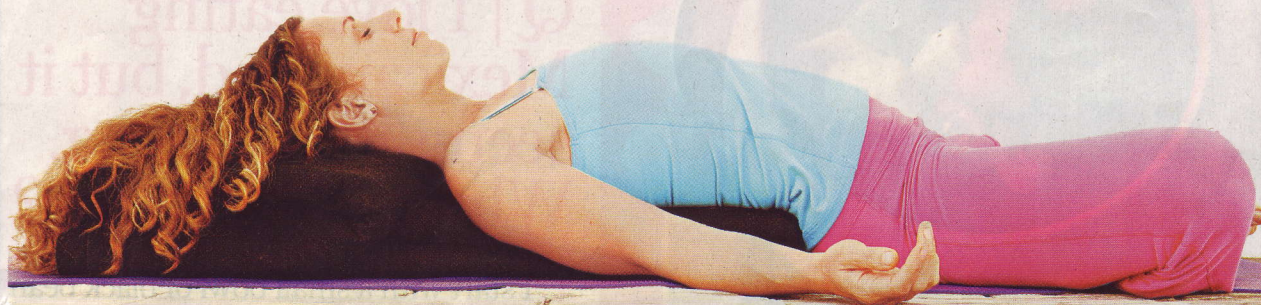
## How To

# Good-Bye, Headaches!

*Banish tension with this relaxing pose.*

**By Seane Corn** **THE MOST COMMON** headache culprit? Stress. When the muscles in your neck, back, shoulders, and jaw tense up, pain usually isn't far behind. My favorite remedy is **Goddess Pose**, which thoroughly relaxes your body and mind, helping all that tension evaporate. For maximum benefit, give yourself at least 10 minutes in this pose.

Sit tall with knees bent and your lower back against the short end of a firm cushion or a couple of stacked, folded blankets. Let knees drop open to the sides; bring soles of feet together. Lie back so back and head are on the cushion or blankets, shoulders dropping toward the floor. Bring arms out to the sides, palms up. Relax, breathing deeply and evenly. If hips feel uncomfortable, straighten legs. **■**



**YOGA FOR YOUR BODY:** Seane Corn teaches yoga at Exhale at Sacred Movement in Venice, California, and has three yoga DVDs and a CD set, *Detox Flow Yoga*. For downloadable videos, go to [Video.SeaneCorn.com](http://Video.SeaneCorn.com).