



# TEN TRAUMA- CONSCIOUS YOGA METHODS FOR STRESS REDUCTION

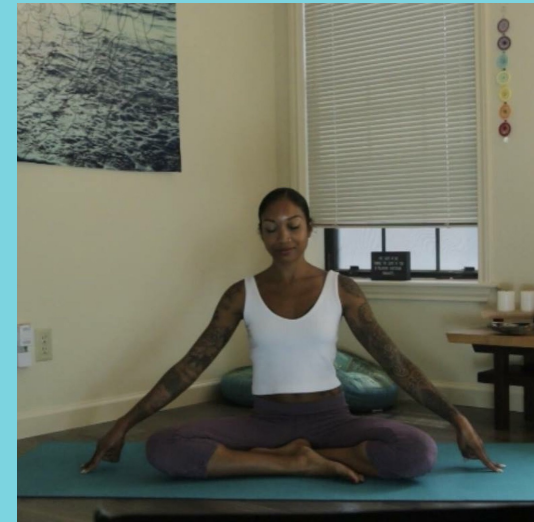
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E-RYT 500, TIYT

# GESTURE OF THE EARTH - BHU MUDRA

Bhu Mudra is a gesture we create with our hands to attune to the earth's energy, support grounding, and balance feelings of anxiety.



1. COME TO A COMFORTABLE SEATED POSITION.  
MAKE PEACE SIGNS WITH YOUR HANDS.



2. GENTLY EXTEND YOUR ARMS DOWNWARD ON  
DIAGONALS TO EITHER SIDE OF YOUR HIPS AND  
“PLUG” THE POINTER AND MIDDLE FINGERS INTO  
THE EARTH.

Mantra: I am here and I belong.  
You can pair this with Ujjayi Pranayama if you'd  
like, remain here for approximately 5 minutes.

VICTORIOUS BREATH IS A FOUNDATIONAL BREATH PRACTICE AND CAN BE PRACTICED FROM ANY YOGA POSE. IT HELPS WITH GROUNDING, QUIETING THE AUTONOMIC NERVOUS SYSTEM, SOOTHING THE LIMBIC SYSTEM, AND CULTIVATING A CONNECTION TO ONE'S HIGHEST SELF.

### To Practice:

Come to a comfortable seat. Allow yourself to place your hands anywhere that is comfortable (knees, lap, heart, abdomen, etc.)

Variation 1: Ujjayi prep: Slowly inhale through the nose from abdomen to chest. Slowly exhale through the mouth whispering a “ha” sound.

Variation 2: Full Ujjayi Pranayama: Slowly inhale through the nose from abdomen to chest. Slowly exhale this time through the nose with lips gently sealed, while trying to make the same “ha” sound you did in Variation 1.

Note: The sound will be different than in Variation 1, as your lips are sealed, however the sound will still be audible- an ocean wave-like, or dharth-vadar sound. You will feel a resonance at the back of your throat.

\*Repeat for 10-20 cycles of breath. One cycle includes an inhalation and an exhalation.

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## VICTORIOUS BREATH - UJJAYI PRANAYAMA

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**THIS MUDRA SUPPORTS THE HEALTH OF ALL SEVEN CHAKRAS. IT IS BOTH GROUNDING AND EVOKES FAITH/TRUST IN SOMETHING GREATER, WHETHER THAT BE THE DIVINE WITHIN OR ONE'S HIGHER POWER.**

**To Practice:**

1. Come to a comfortable seat.
2. With elbows bent, and palms in front of heart & facing heart, interlace all fingers except for thumbs. Allow thumbs to extend upward and palms to touch heart.

**Mantra: I believe**

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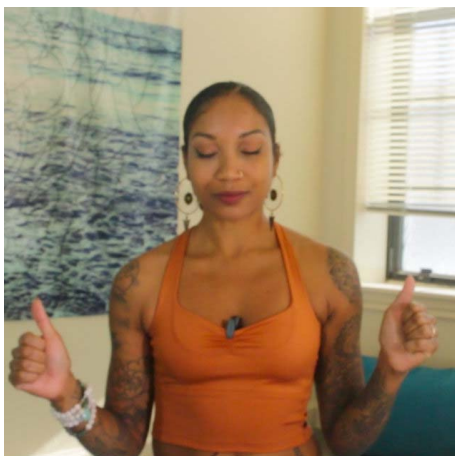
**GESTURE OF  
UNSHAKEABLE TRUST -  
VAJRAPRADAMA MUDRA**

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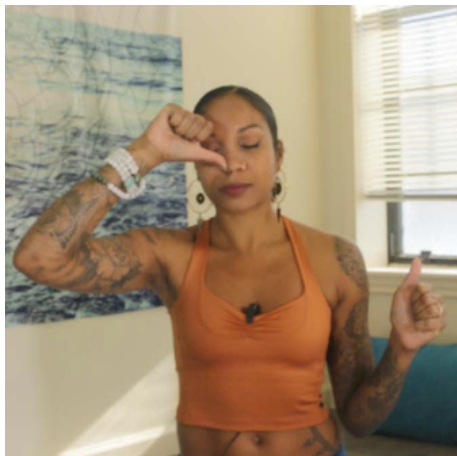


# ALTERNATE NOSTRIL BREATHING VARIATION - NADI SHODHANA PRANAYAMA

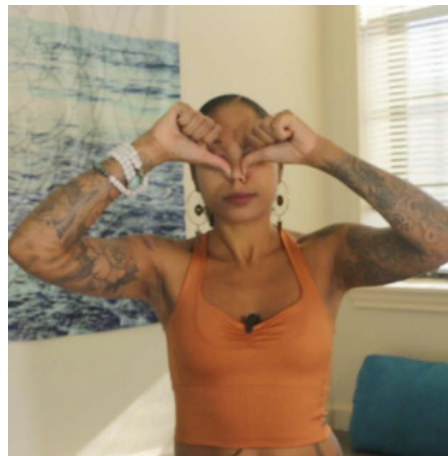
Alternate Nostril Breathing is a wonderful practice for bringing balance to the nadis, the energy channels within the body. One reason why it's calming is that we are using bilateral stimulation within this pranayama, creating a soothing effect for the limbic system and integration within the frontal lobe.



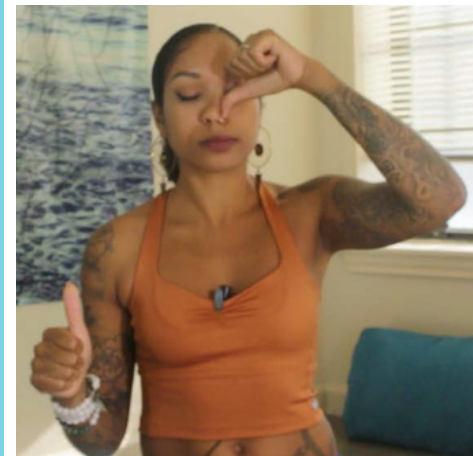
1. BRING YOUR HANDS INTO MERUDANDA MUDRA, OR THUMBS UP.



2. INHALE THROUGH BOTH NOSTRILS. PAUSE. BRING YOUR RIGHT THUMB TO YOUR RIGHT NOSTRIL. EXHALE THROUGH YOUR LEFT NOSTRIL. PAUSE.



3. INHALE THROUGH YOUR LEFT NOSTRIL. PAUSE. BRING YOUR LEFT THUMB TO YOUR LEFT NOSTRIL. PAUSE. (YOU ARE NOW RETAINING THE INHALATION).



4. OPEN THE RIGHT NOSTRIL BY RELEASING THE THUMB AND EXHALE.

Continue by inhaling through the right nostril. Pausing. Close the right nostril. Pause. Open the left nostril and exhale. Inhale through the left nostril. Repeat for 1-2 minutes.



**CHILD'S POSE IS A RESTORATIVE YOGA POSE THAT SUPPORTS A DOWNREGULATION OF THE AUTONOMIC NERVOUS SYSTEM AND GROUNDING. THIS IS A WONDERFUL PLACE TO PRACTICE CONTROLLED BREATHING.**

### **To Practice:**

1. If you have a bolster you can come to a kneeling position with your big toes together and bring your knees around the bolster. Lay your abdomen, heart, and head onto the bolster with your head pointed downward or turning your head to one side. Your arms can hug around the front of the bolster.
2. If you don't have a bolster, allow your big toes to touch- your knees can be together or apart. Allow your head to come to the floor and extend your arms forward, or back alongside your feet.

Notes: If your hips don't reach your heels, try rolling up a blanket- while standing on your knees place the blanket(s) on your calves and then sit back onto the blanket(s).

If your head does not come to the ground, please place a pillow, bolster, or blanket underneath your head so your neck can relax.

Remain in this pose for 3-8 minutes.

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## **CHILD'S POSE - BALASANA**

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ANJALI MEANS DIVINE OFFERING, HOMAGE, OR TRIBUTE. THIS GESTURE OF REVERENCE SUPPORTS A SENSE OF UNION/CONNECTION TO THE DIVINE, OR HIGHEST GOOD, WITHIN THE SELF AND OTHERS.

THIS IS THE MUDRA WE USUALLY HOLD AS WE REPEAT THE WORD NAMASTE AT THE END OF A YOGA CLASS.

### To Practice:

1. Come to a comfortable seat.
2. Place your hands in front of your heart in prayer position.
3. Witness

**Mantra:** Namaste - The light within me bows to that same light within you.

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## SALUTATION SEAL - ANJALI MUDRA & NAMASTE

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RECLINED PIGEON POSE SUPPORTS THE SECOND CHAKRA WHICH RELATES TO OUR EMOTIONS AND SENSUALITY. WHILE WE STORE OUR LIFE EXPERIENCES ALL OVER OUR BODIES, THE HIPS SEEM TO ACCUMULATE AN ABUNDANCE OF EMOTIONAL TENSION. PIGEON POSE SUPPORTS A RELEASE OF ACCUMULATED EMOTIONAL RESIDUE.

### To Practice:

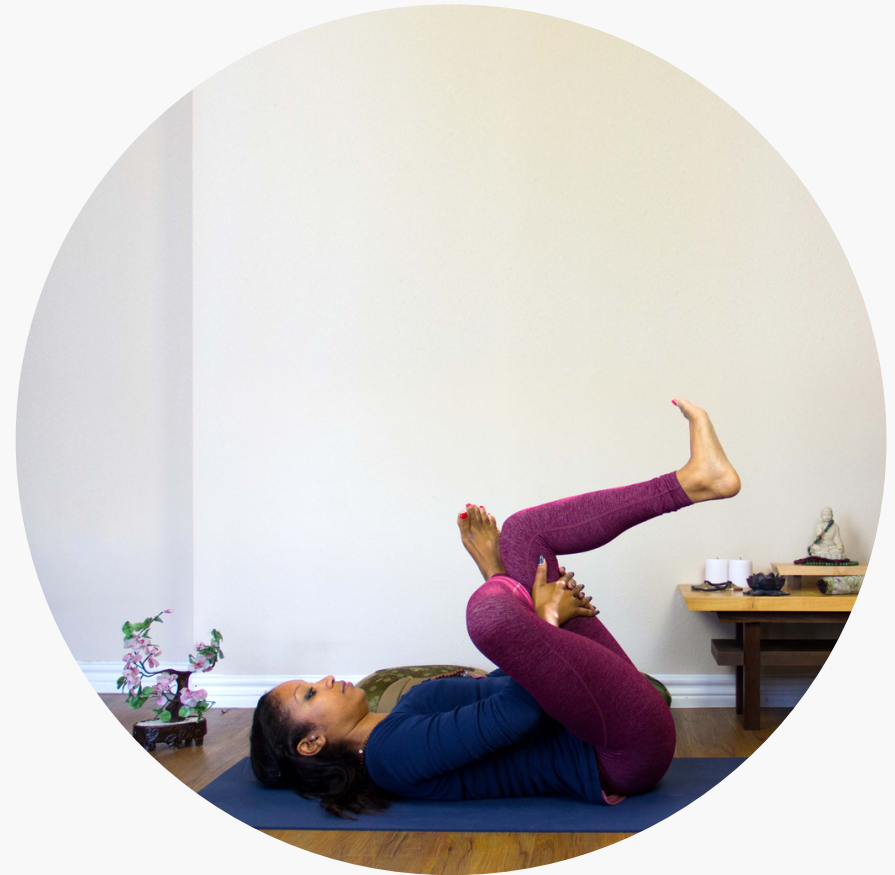
1. Lay on your back and bend both knees, gently stepping your feet to the earth. Pick up the right foot and cross the right ankle over the left knee. If this brings intense sensation, stay here.
2. Or...Lift your left foot from the earth, elevating your left shin parallel to the ground. If accessible, reach behind your left thigh and gently hug your thigh toward you.

Breathe for 10-20 cycles of breath on the first side before moving to the second side.

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## RECLINED PIGEON POSE - SUPTA RAJA KAPOTASANA

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**TWISTING POSES ARE WONDERFUL FOR INCREASED NEURAL PROCESSING - A NECESSITY FOR TRAUMA RESOLUTION. THIS VARIATION SUPPORTS GROUNDING AND DOWNREGULATION OF THE AUTONOMIC NERVOUS SYSTEM.**

### **To Practice:**

1. Lay on your back and gently hug your knees in toward your chest.
2. Allow your knees to fall to the right, laying on your right side.
3. Extend your arms out to either side of you and allow your head to face skyward, or turn to the left, away from your knees.

Breathe and sustain this pose for 10-20 cycles of breath on each side.

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## **RECLINED TWIST POSE - SUPTA MATSYENDRASANA**

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**LEGS UP THE WALL POSE IS WONDERFUL FOR SUPPORTING A SHIFT OF PERSPECTIVE, QUIETING THE NERVOUS SYSTEM, AND PREPARING FOR SLEEP.**

### **To Practice:**

1. Lay on your back with your hips against a wall (or in front of a bed, chair).  
\*Optional: place a folded blanket(s) underneath your hips
2. Gently swing your legs up the wall (or bend the knees over the bed or seat of a chair)

This is a wonderful place to practice controlled breathing, body scan, and affirmation/mantra.

Remain for 5-20 minutes

Notes: Women on their moon may choose to bypass this pose- it is a personal choice.

This pose is contraindicated for those with health conditions that caution against going upside down

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## **LEGS UP THE WALL POSE - VIPARITA KARANI**

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**FINAL RELAXATION POSE IS A WONDERFUL SPACE TO PRACTICE PRANAYAMA, A BODY SCAN, YOGA NIDRA, AND GUIDED MEDITATION. IT SUPPORTS AN ENERGY OF GROUNDING, A RELEASING OF MUSCULAR TENSION, AND A QUIETING OF THE AUTONOMIC NERVOUS SYSTEM.**

### **To Practice:**

1. Come to lay on your back with your legs about mat-width apart.
2. Allow your legs to relax so that the toes face outward.
3. Allow your arms to extend down by your sides and slightly away from your body with your palms facing up.
4. Invite your entire body to relax.

Remain here for at least 10 minutes, if possible.

Notes: If you have props you might place a neck roll under your head. A neck roll is made by rolling a blanket up just enough to fit underneath the curve at the back of your neck.

You might place blocks, a rolled blanket(s), or a bolster underneath your knees to support health of the lower back.

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## **FINAL RELAXATION POSE - SAVASANA**

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