# Yoga De-stress Routine

This playbook outlines a sequence of yoga poses and routines tailored to alleviate stress and tension. Through guided steps, individuals can practice and incorporate these routines into their daily life to achieve tranquility and relaxation.

### Step 1: Preparation

Designate a quiet, comfortable space free from distractions. Gather any necessary items such as a yoga mat, comfortable clothing, and optionally, calming music or scented candles to enhance the atmosphere.

### Step 2: Warm-Up

Begin with a warm-up to prepare the body. This could include neck rolls, shoulder shrugs, and gentle twisting of the torso to loosen up the muscles.

### Step 3: Breathing

Initiate deep, slow breathing to help the body enter a state of relaxation. Use techniques like diaphragmatic breathing to increase oxygen flow and promote a sense of calm.

### Step 4: Core Poses

Execute a series of core yoga poses known for stress relief. These may include:  
- Child’s Pose (Balasana)  
- Cat-Cow Stretch (Marjaryasana to Bitilasana)  
- Standing Forward Bend (Uttanasana)  
- Legs-Up-The-Wall Pose (Viparita Karani)

### Step 5: Flow Sequence

Engage in a flow sequence such as the Sun Salutation (Surya Namaskar) to combine movement with breath, further reducing stress and improving focus.

### Step 6: Cool Down

Wind down the session with poses that are calming and restorative, such as:  
- Seated Forward Bend (Paschimottanasana)  
- Reclining Bound Angle Pose (Supta Baddha Konasana)

### Step 7: Meditation

Conclude the routine with a meditation or mindfulness practice. Find a comfortable seated position, close your eyes, and focus on your breath. Allow thoughts to pass without judgment and remain in this state for several minutes.

### Step 8: Reflection

After completing the meditation, spend a few moments reflecting on the practice. Acknowledge your efforts in dedicating this time for relaxation and consider how your body and mind feel.

## General Notes

### Consistency

Regular practice of yoga can amplify its stress-relieving benefits. Aim to incorporate these routines into your daily life, even if just for a few minutes each day.

### Hydration

Drinking water before and after the yoga routine helps in detoxifying the body and replenishes fluids lost during practice.

### Personalization

Feel free to modify or extend any part of the routine to better suit your comfort level and specific stress management needs.