

Yoga for Grounding

Grounding Through Yoga: Physical Practice

One of the best ways we can feel grounded is by getting our yoga mats and moving. Here is a practice you can do with your teens to help them feel more grounded.

The Practice

Start in Tadasana

One hand on abdomen and other on chest – tune into body by noticing breath (options for eyes closed)

Inhale, raise hands above head with fingertips touching

Exhale, hands down to side of body

(Repeat three times)

Forward fold

Chair pose

Tadasana

Warrior II (strength and grounding of feet)

Side angle

Diamond pose

Wide legged forward fold

(Repeat on other side)

Yogi squat to seated position

Easy pose (breath work possible or positive affirmations)

Savasana

Throughout the practice, you can use messages around grounding and anchoring, and connecting with the body and breath.