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Pure Yoga's Loren Bassett on the Best Yoga Poses for Everything

After the relative calm of August, September marks the beginning of the always-bananas fall. It's no wonder that this is also National Yoga Month—we can all use a reminder to take a few deep breaths. And, while the Birchbox eds are big yogis (at home and [on the road](#)), we know there are plenty of you who are yet to be sold. That's why we've asked Pure Yoga to give us some tips on bringing yoga into our everyday.



(Photo: [Pure Yoga](#))

We've all had days when something happens that makes us want to EEEE! at the top of our lungs or when we feel like we're moving through molasses. When that happens there are some simple yoga postures that can help. Pure Yoga's [Loren Bassett](#) breaks it down.

When you're stressed: [Child's Pose](#) and [Savasana](#) are beautifully relaxing and grounding postures, calming the nervous system and promoting relaxation.

When you have an upset tummy: A gentle seated or reclining spinal twist helps stimulate the digestive system. A restorative inversion, such as [Viparita Karani](#) (lying on your back with your legs up the wall), helps alleviate nausea.

When you're fatigued: Invigorating [Sun Salutations](#) are a natural energy booster. Great way to get the juices flowing! Movement stimulates the blood flow bringing life and energy to the body.

When you're jet-lagged: To lift your spirits after a long plane ride, try [Prasarita Padotanasana](#) (wide legged-forward bend). It stretches the inner thighs, helps

calm the nervous system and brings fresh oxygen and blood flow to the heart and head.

When you need a confidence boost: Backbends ([Bridge](#) or [Wheel Pose](#)) boost confidence by igniting the nervous system, opening the heart chakra.

Find our September editor's picks (besides yoga!) in [5 Things We Can't Live Without](#).



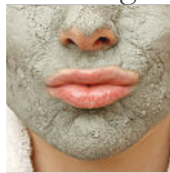
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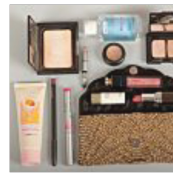
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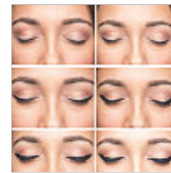
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