

[Scroll to Info & Navigation](#)

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.

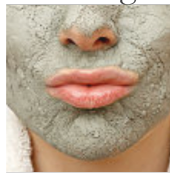
Find our September editor's picks (besides yoga!) in [5 Things We Can't Live Without](#).



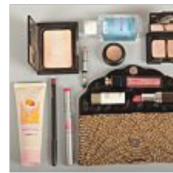
T A G S [yoga](#) [yoga poses](#) [yoga loren bassett](#) [savasana](#) [child's pose](#)
[sun salutations](#) [prasarita padotanasana](#) [backbend](#) [health](#) [wellness](#)
[health and wellness](#)

8 MONTHS AGO 4 1 COMMENTS SHARE THIS

You Might Also Like:



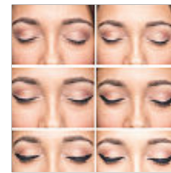
A 5-Step Guide to Detoxing (Your Skin, That Is)



Wearing Makeup Changes How You're Perceived



How Bananas is This: Half A Woman's Face With Makeup, Half Without



6 Liquid Liner Looks For Beginners and Pros

recommended by **Outbrain**

R E C E N T C O M M E N T S

N O T E S

redheadvision LIKES THIS

animated-android LIKES THIS

bananasandpeace REBLOGG *lurchbox* THIS FROM

arielleandstella-dog REBLOGG *lurchbox* THIS FROM

mycacoethes REBLOGG *lurchbox* THIS FROM

lovetheyouuniverse REBLOGG *cleversomethings* FROM

blacknailedblog LIKES THIS

bananasandpeace LIKES THIS

ejjenkins REBLOGG *lurchbox* THIS FROM

amandavidson REBLOGG *lurchbox* THIS FROM

 yapwenyi REBLOGG [birchbox](#) THIS FROM

 autumndrummer LIKES THIS

 longinger LIKES THIS

 nativebell REBLOGG [birchbox](#) THIS FROM

 ayushishah LIKES THIS

 this-is-a-story-of-a-girl LIKES THIS

 pugpuppy42 LIKES THIS

 sheezadq LIKES THIS

 amoreamore REBLOGG [birchbox](#) THIS FROM

 thegreenmenagerie REBLOGG [birchbox](#) THANKS A B D M D :

[Sun salutations are awesome to start your day!](#)

 thegreenmenagerie LIKES THIS

 8bitprincess LIKES THIS

 klawinator LIKES THIS

 hotrocks1 LIKES THIS

 blacknpersian LIKES THIS

 lady-child LIKES THIS

 thatjellybeangirl REBLOGG [birchbox](#) THIS FROM

 soulfdreamers LIKES THIS

 aplacecalledelsewhere LIKES THIS

 arielleandstella-dog LIKES THIS

 molliebonnamy99 REBLOGG [birchbox](#) THIS FROM

 thenursejessica REBLOGG [birchbox](#) THIS FROM

 whitegirlblog LIKES THIS

 oreo-cake LIKES THIS

 cleversomethings REBLOGG [birchbox](#) THANKS A B D M D :

[Claire!](#)

 lets-dance-the-night-away LIKES THIS

 beknotafrayed REBLOGG [birchbox](#) THIS FROM

 vyforvendetta LIKES THIS

 dulkoalexandra LIKES THIS

 pamvero LIKES THIS

 *essxvee* L I K E S T H I S

 *eyesseebutmyshadow* L I K E S T H I S

 *automaticdoor* L I K E S T H I S

 *birchbox* P O S T E D T H I S

P R E V I O U S E X T
P O S T P O S T

🔍 [Search keywords](#)

About this site

Get access to the newest and best products from high end beauty, lifestyle and grooming brands.

BIRCHBOX ON TUMBLR
SHOP
BOX
MAGAZINE
BRANDS
JOIN

🔍 A S K U S
A N Y T H I N G

📡 R S 📄 A R C H I V E E N D O M

Loading tweets...

 [Follow @birchbox](#) 123K followers



Photo v  *birchboxman*



Ready for the weekend!

Photo v | modcloth



This braid crown is ideal for a casual day by the pool or a summer evening out for drinks.

Photoset v | modcloth

M O R E L I

F I N D U S O N

SUBSCRIBE ON YouTube FOLLOW US ON foursquare Follow Me on Pinterest

Find us on Facebook

BIRCHBOX

Like

1,068,149 people like BIRCHBOX.

Facebook social plugin



© Copyright 2011. - Atlantic Noir Theme All Rights Reserved.
Atlantic Noir Theme created by Style Hatch | Powered by Tumblr