



Q+A: Which Yoga Poses Can Help Me Beat the Winter Blues?

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Feeling lethargic and just kind of blah? Go upside down! While the scientific and yogic communities have yet to agree on the “real” effects of inverting, I know from my own experience that there are almost immediate physiological benefits in the practice of [inversions](#) that can lead to a greater general relaxation response.

Furthermore, by bringing more awareness to our body through asana practice, including playing in poses like [Handstand](#) (Adho Mukha Vrksasana) or simply staying in a [Standing Forward Bend](#) (Uttanasana), we increase our vitality, energy, and all-around mental clarity, which we can take off the mat and into the rest of our lives.

Bethany Lyons is a powerful leader, creator, community builder and cofounder of [Lyons Den Power Yoga](#), Manhattan’s only Baptiste-style yoga studio. Bethany is a classically trained ballet dancer, Certified Baptiste Yoga Teacher and Master Instructor at SoulCycle. In cofounding Lyons Den Power Yoga, Bethany seeks to showcase the endless possibilities all around us and to show up in a big way for her students and in her life.