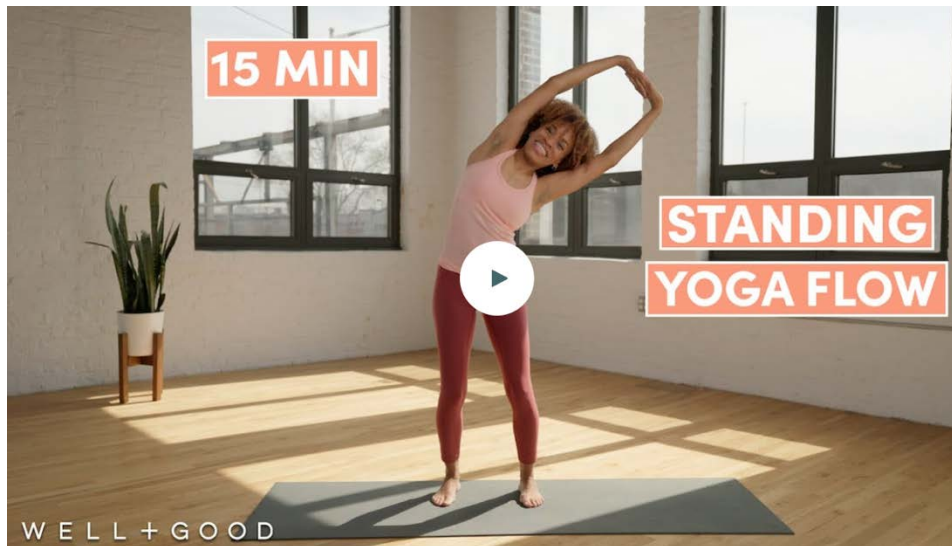


# WELL + GOOD

## Relieve Full-Body Tension in 15 Minutes With This Do-Anywhere Standing Yoga Flow

By: Kells McPhilips

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This segment aired on 5/23/22: <https://youtu.be/CFYjiRIKxcs> (15:14 minutes)

Fact: You don't need [a mat](#)—or any other equipment—to squeeze in a great yoga practice. We'll prove it to you. On this week's episode of *Trainer of the Month Club*, yoga instructor and Mirror trainer [Pilin Anice](#) shares a standing yoga flow that doesn't require a single prop, and will leave you feeling reinvigorated for the day ahead.

If you have 15 minutes to spare, you have enough time to move through Anice's lightning-fast flow. "This can be done anywhere: [away from your desk](#), in the break room. Wherever you are, just take a moment to regroup and connect with your body," says Anice as class begins. You'll stay on your feet the entire time, but don't worry—you'll still get a great stretch.

Anice kicks off this sequence with a round of [pranayama \(or breath work\)](#) using an exercise called "breath of joy." You'll match sweeping arm movements with big inhales and exhales to release stress and tension from the body. Then, you'll move on to the poses themselves.

Even though this practice is under 20 minutes, Anice manages to [work full-body mobility and flexibility](#) with postures like side bends, lunges, and forward folds. But rather than keeping you stagnant within each asana, she encourages you to wiggle around to unlock any particularly tight spots.

By the end, you'll be feeling loose and ready to return to your desk. Plus, this class may just be the reminder you need that yoga doesn't always have to be a formal mat plus props affair; the simple act of getting up and moving your body can make a meaningful difference in your day-to-day well-being. So (don't) unroll your yoga mat, and press play for Anice's on-your-feet flow.