



The Confidence Code: 3 Yoga Secrets to Overcome Anxiety & Own Your Power

A Mini eBook to Help You Step into Confidence & Inner Strength

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Introduction: Why Confidence Starts Within

Have you ever walked into a room and immediately felt the energy of someone who exudes confidence? It's not always about what they say—it's how they *carry* themselves. Confidence isn't something you either have or don't have. It's a practice, a habit, and something you can cultivate daily.

Yoga provides powerful tools to help you shift from self-doubt to self-assurance. By focusing on three key elements—**posture, breath, and movement**—you can tap into an unshakable sense of confidence that radiates from within. In fact, yoga is the science of self-realization or actualization.

This mini eBook will guide you through three simple yet transformative yoga secrets that you can start using today.

Secret #1: How Posture Affects Confidence

The Science Behind Posture & Confidence

Your body and mind are deeply connected. Studies have shown that **how you hold your body directly influences how you feel**. When you slouch or collapse your chest, your brain perceives you as insecure, stressed, or powerless. In contrast, when you stand tall, open your chest, and lift your chin, your brain sends signals of confidence and strength.

In fact, researchers at Harvard University found that "power poses" can **increase testosterone (the confidence hormone) and lower cortisol (the stress hormone)** in just 2 minutes!

Postures to Boost Confidence

Try these simple yoga poses to immediately shift your energy and feel more confident:



1. Mountain Pose (Tadasana)

How to do it:

- Stand tall with your feet hip-width apart.
- Press your feet firmly into the ground.
- Engage your thighs by lifting the pelvis and draw your belly towards the spine, lifting your chest (the "eyes" of the heart).
- Roll your shoulders back and let your arms relax by your sides.
- Keep your chin level and gaze straight ahead.
- Breathe a red color from the Earth's core up the soles of the feet (gravity boots) to the crown of the head and exhaling red from the sky back down to the earth.
- Breathe here for 5 red, energizing breaths.

Why it works:

This pose creates a foundation of strength, stability, and self-assurance. It encourages a grounded, powerful presence.

2. Warrior II (Virabhadrasana II)

How to do it:

- Step your feet about 3-4 feet apart.
- Turn your right foot forward and bend your right knee to 90 degrees.
- Keep your left leg straight and strong.
- Extend your arms parallel to the floor, gaze over your right hand.
- Hold for 5 deep golden breaths, then switch sides.

Why it works:

This pose embodies strength and courage. It opens the chest, expands your energy, and helps you feel powerful and unstoppable. Further, by breathing the golden-sun, we further create unshakable self esteem.

3. Superman Pose/Supine Boat Pose (Viparita Shalabhasana or Navasana)

How to do it:

- Lie on your stomach with your arms extended forward.
- On an inhale, lift your arms, chest, and legs off the ground.
- Hold for 5 golden breaths, then slowly lower.



Why it works:

Lifting your body against gravity builds resilience and confidence, signaling to your mind that you are strong and capable. As the heart is open, we naturally feel more energetic and confident.

4. Table Top Pose (Bharmanasana)

How to do it:

- On all fours, with your hands under the shoulders and the knees under the hips
- Inhaling red, you draw the belly in towards the spine and lift your pelvis as you simultaneously project the eyes of the heart “and gaze forward.

Breathe 5 full red, grounding and energizing breaths here and come into a seated pose and observe any differences or similarities.

Why it works:

Lifting your body against gravity builds resilience and confidence, signaling to your mind that you are strong and capable. As the heart is open, you naturally feel more energetic and confident.

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Secret #2: The Power of Breath for Emotional Balance

How Breath Controls Your Mind & Emotions

Your breath is the bridge between your body and mind. When you're anxious, your breathing becomes **shallow and fast**. When you're calm and confident, your breath is **deep and steady**.

By consciously controlling your breath, you can shift from **anxiety and self-doubt** to **clarity and confidence** within minutes.

Breathing Techniques to Reduce Anxiety & Boost Confidence

1. Power Breath (Ujjayi/Ocean breath Pranayama)

How to do it:

- Sit comfortably with a straight spine.
- Inhale deeply through your nose, towards the back of the throat), filling your bell, ribs and chest with breath.
- Exhale slowly through your nose while slightly constricting the back of your throat (like you're fogging up a mirror).



- Repeat for 1-2 minutes.

Why it works:

This breath calms the nervous system while boosting focus and inner strength. It's often called the "victorious or *ocean* breath."

2. 4-4-4 Box Breath for Instant Calm

How to do it:

- Inhale through your nose for 4 counts – counting backwards 4-3-2-1
- Hold your breath for 4 counts.
- Exhale through your mouth for 4 counts.
- Keep the breath out for 4 counts.
- Repeat 3-5 times.

Why it works:

This technique slows the heart rate, reduces cortisol, and promotes a sense of calm confidence as it gives the mind something to do (count the breath backwards)

Secret #3: A Quick Morning Routine for Self-Assurance

Start Your Day with Power & Presence

The way you start your morning sets the tone for your entire day. This **5-minute yoga flow** will activate your body, energize your mind, and help you step into your power.

Confidence-Boosting Morning Routine

1. Mountain Pose (Tadasana) – 30 seconds

Stand tall, breathe deeply, and ground yourself in the present moment.

2. Warrior II (Virabhadrasana II) – 30 seconds per side

Feel strong, powerful, and capable as you hold this posture.

3. Superman Pose – 30 seconds

Engage your core and expand your energy outward.

4. Power Breath – 1 minute

Use Ujjayi breathing (ocean breath) to center yourself and activate inner confidence.

5. Affirmation Pose – 1 minute (*Seated or Standing with Hands on Hips*)



Repeat a confidence-boosting affirmation aloud:

"I am strong, I am capable, I am confident."

6.3 minutes Alternate Nostril Breathing

We inhale "trust" and exhale "fear".

Final Thoughts & Next Steps


Confidence isn't just about what we say—it's about how we carry ourselves, how we breathe, and how we show up for yourself each day. By incorporating these simple yoga practices into our routine, we'll start to notice a shift in how we feel, how we interact with others, and how we move through life.

Our Challenge

For the next **7 days**, commit to practicing these confidence-boosting techniques every morning. Notice how your mindset shifts and how your energy transforms.

✨ **Believe in yourself—you've got this!** ✨

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Bari Devaya has been teaching yoga and leading workshops, retreats and trainings since 1996. E-RYT 500 and a 200 hour Yoga Alliance School

This guide was created for anyone ready to step into their power using the wisdom of yoga. If you find this helpful, share it with someone who could use a confidence boost! 💖

We recommend our 4 week Virtual Course:

FROM NERVOUS ANXIETY to UNSHAKABLE SELF ESTEEM

March 31 – April 28, 2025

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You are important to me!

Please feel free to contact me!

Blessings be!

