



YOGA FOR ADHD BRAIN

Move. Breathe. Focus. Regulate. You've got this.



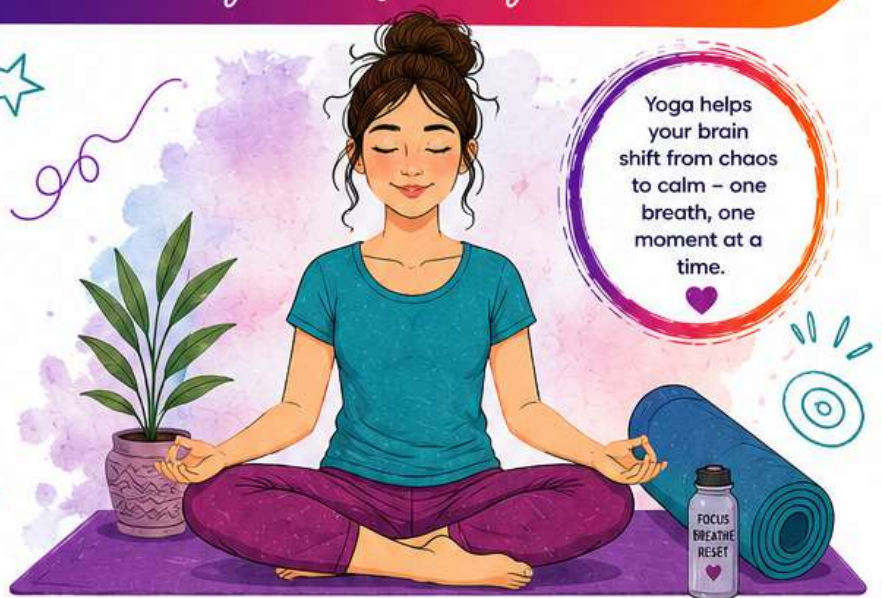
YOUR BRAIN IS NOT BROKEN. IT JUST WORKS DIFFERENTLY.

ADHD brains can be brilliant, creative and full of ideas – and also easily overwhelmed, distracted and overstimulated.

Yoga can help calm the noise, support your focus, regulate big feelings and give your body and mind the stability they need.



It's not about being still.
It's about finding what helps you feel more YOU.



Yoga helps your brain shift from chaos to calm – one breath, one moment at a time.



HOW YOGA CAN SUPPORT YOUR ADHD BRAIN



Calms mental chatter
Helps quiet racing thoughts and the "too-muchness".



Improves focus & attention
Supports your ability to concentrate and stay on task.



Regulates emotions
Helps you manage overwhelm, frustration and mood swings.



Supports better sleep
Helps your body and mind wind down so you can rest and reset.



Boosts brain & body connection
Brings you back to the present and out of your head.



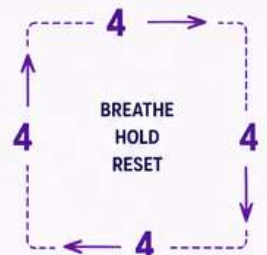
Builds self-compassion
Encourages you to be kind and patient with yourself.



SIMPLE BREATH TO RESET

Box Breathing

- 4** Breathe in through your nose for 4 counts
 - 4** Hold for 4 counts
 - 4** Breathe out through your mouth for 4 counts
 - 4** Hold for 4 counts
- Repeat 3–5 times



This simple breath helps regulate your nervous system, improve focus and bring you back to now.

GENTLE POSES TO SUPPORT YOUR ADHD BRAIN



Child's Pose (Rest & Reset)

Calms the nervous system and helps you feel safe.



Cat-Cow (Move & Flow)

Releases tension and wakes up the body.



Seated Forward Fold (Focus Inward)

Soothes the mind and encourages stillness.



Low Lunge (Ground & Go)

Builds focus, confidence and mental energy.



Legs Up the Wall (Reset)

Helps calm overwhelm and reset the brain.



Savasana (Rest & Recharge)

Deep rest helps integration and mental clarity.



TIPS THAT HELP YOUR ADHD BRAIN

- ✓ **Keep it short** – Even 5 minutes can help.
- ✓ **Use a timer** – It takes the pressure off keeping track.
- ✓ **Move to focus** – Physical movement helps your brain work better.
- ✓ **Switch it up** – Variety keeps you engaged and curious.
- ✓ **Celebrate small wins** – You're building new habits and that takes time.



Remember

Your brain may bounce, wander and get distracted – that's okay. Yoga isn't about being perfect. It's about creating space, connection and calm – in a way that works for YOU.

*Different,
not less.
Focus on progress,
not perfection.*



DAILY TIP

Try a 5 minute yoga or breathing break when you wake up, before a task, or when you feel overwhelmed. Small pauses = big impact.



UNTIL NEXT TIME,
GIVE YOURSELF SPACE TO BREATHE



With love, Maggie

