



YOGA FOR ANXIETY



Calm your mind. Soften your body. Breathe again.

ANXIETY CAN FEEL OVERWHELMING, BUT YOU ARE NOT ALONE.

Yoga helps calm the nervous system, quiet racing thoughts and bring you back to the present moment.

You don't need to be flexible.

You don't need any special equipment.

You just need a few minutes and a willingness to be kind to yourself.



HOW YOGA CAN HELP WITH ANXIETY



Calms the mind

Gentle movement and breath help quiet worry and racing thoughts.



Reduces physical tension

Releases tightness in the body caused by stress and anxiety.



Supports better sleep

Helps regulate your nervous system so you can rest more deeply.



Builds self-awareness

Encourages you to tune in, notice and respond with compassion.



Improves mood

Boosts feel-good hormones and helps you feel more balanced.



Encourages connection

Creates a sense of belonging and reminds you you're not alone.



SIMPLE BREATH TO TRY

4-4-6 Breath

- ♥ Breathe in through your nose for 4 counts
- ♥ Hold for 4 counts
- ♥ Breathe out through your mouth for 6 counts
- ♥ Repeat 3-5 times



This simple breath helps calm your mind, lower anxiety and bring you back to now.

GENTLE POSES TO CALM ANXIETY



1
Child's Pose
(Rest & Release)

A gentle resting pose that soothes and creates a sense of safety.



2
Cat-Cow
(Ease Tension)

Helps release tension in the spine and improves breath.



3
Seated Forward Fold
(Calm & Ground)

Encourages stillness and helps quiet the mind.



4
Legs Up the Wall
(Restore & Reset)

A restorative pose that reduces stress and supports relaxation.



5
Savasana
(Rest & Recharge)

Deep rest helps your body and mind fully reset.



TIPS TO MANAGE ANXIETY THROUGH YOGA



Create a calm space

Somewhere quiet and comfortable where you feel safe.



Breathe first

Use your breath as your anchor throughout your practice.



Move slowly

There's no rush. Slow is soothing.



Listen to your body

Do what feels right today. It's okay to rest.



Practice regularly

Even 5-10 minutes a day can make a big difference.



Remember

You are stronger than you think, and calmer than you believe. Yoga is not about getting it right. It's about coming back to yourself, one breath at a time.

You are enough, just as you are.



DAILY TIP

Even just a few minutes of yoga or conscious breathing each day can help you feel calmer, clearer and more in control.



UNTIL NEXT TIME,
GIVE YOURSELF **SPACE TO BREATHE**



With love, Maggie

