



YOGA FOR AUTISM



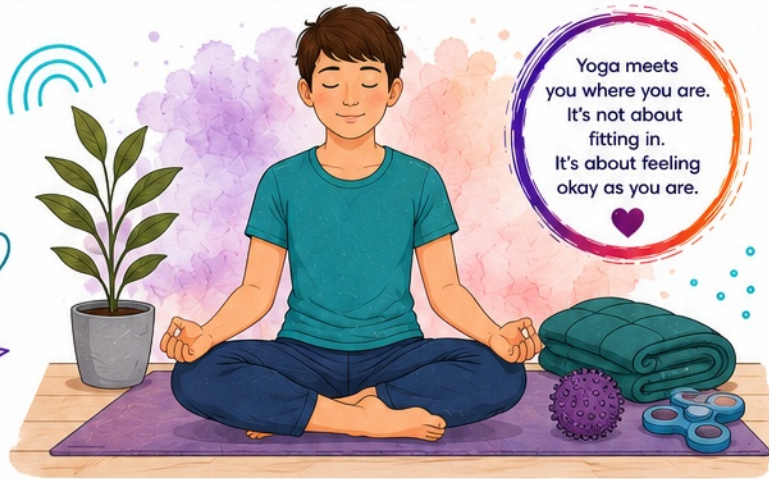
*Calm the senses. Support the nervous system.
Build comfort, confidence and connection.*

AUTISM IS NOT A LIMITATION. YOGA IS ABOUT SUPPORT, NOT CHANGE.

Yoga can help create a sense of safety, reduce sensory overload, support emotional regulation and build body awareness.

It offers a predictable, visual and gentle approach that can bring comfort to both the mind and body.

 **You don't have to do it perfectly.**
You just have to do what works for YOU.



HOW YOGA CAN SUPPORT AUTISTIC WELLBEING



Calms the nervous system

Gentle movement and breathing can reduce anxiety and overwhelm.



Supports sensory regulation

Helps the body learn what feels safe, soothing and uncomfortable.



Improves emotional regulation

Teaches tools to manage big feelings in a safe, gentle way.



Builds body awareness

Helps connect the mind and body and understand physical cues.



Supports better sleep

Calming practices can help the body wind down and rest more deeply.



Encourages confidence

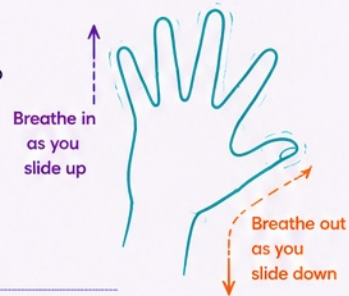
Achievements in yoga are about progress, not perfection.



SIMPLE BREATH TO TRY

5 Finger Breathing

- Hold one hand out like a star.
- Use the other hand's finger to trace up one side of your thumb.
- Breathe in as you trace up.
- Breathe out as you trace down the other side.
- Repeat for each finger.
- Take your time. There is no rush.



This breath can help calm your mind, reduce anxiety and bring you back to the present.

GENTLE POSES FOR COMFORT & CALM



1

Child's Pose
(Rest & Reset)

A safe place to pause, rest and breathe.



2

Cat-Cow
(Move & Flow)

Gentle movement to help the spine and release tension.



3

Seated Forward Fold
(Calm & Ground)

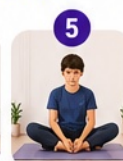
A soothing stretch that brings comfort and quiet.



4

Legs Up the Wall
(Reset & Relax)

Helps the body rest, reset and reduce stress.



5

Butterfly Pose
(Open & Connect)

Gentle on the body and helps open the hips.



6

Savasana
(Rest & Restore)

Time to rest, integrate and feel safe.



TIPS THAT CAN HELP

- Use visual supports – Pictures, timers and simple steps help.
- Keep it consistent – Same routine can create safety.
- Offer choices – Let them choose poses or order when possible.
- Respect sensory needs – Lights, music, props and clothing matter.
- Celebrate small steps – Every effort is a success.



Remember

Yoga is not about how it looks.
It's about how it feels.
Some days will be easy.
Some days will be hard.
All days are okay.

*You are enough.
You matter.
You belong.*



DAILY TIP

Even just 5 minutes of gentle movement or breathing each day can help create calm, reduce overwhelm and support your wellbeing.



UNTIL NEXT TIME,
GIVE YOURSELF SPACE TO BREATHE



With love, Maggie

