

YOGA FOR CHRONIC ILLNESS

*Gentle movement. Deep breath. Stronger you.
Because living with a chronic illness is hard enough.*



YOU ARE NOT DEFINED BY YOUR ILLNESS.

YOGA CAN HELP YOU RECLAIM A SENSE OF YOU.

Chronic illness can affect your body, energy, mood and confidence.

Yoga offers a gentle, adaptable way to support your physical health, ease pain and fatigue, calm your mind and help you feel more in control.

It's not about doing more.
It's about being kind to yourself
and doing what you can.



Yoga meets
you where you are,
on the good days
and the harder
days.



HOW YOGA CAN SUPPORT CHRONIC ILLNESS

Reduces pain and tension
Gentle movement, breath and relaxation can help ease discomfort.

Improves energy levels
Yoga can help manage fatigue and support better energy balance.

Supports mental health
Helps reduce stress, anxiety and depression symptoms.

Improves breathing
Breath awareness can support lung function and ease shortness of breath.

Enhances sleep quality
Calming practices can help quiet the mind and promote deeper rest.

Builds body awareness
Encourages listening to your body and recognising your limits.

Boosts confidence
Small, consistent steps help you feel stronger, more capable and hopeful.

TIPS FOR LIVING WELL WITH A CHRONIC ILLNESS

- ✓ **Pace yourself** - Do what you can, not what you think you should.
- ✓ **Listen to your body** - Rest is productive. You know your limits best.
- ✓ **Stay consistent** - Small daily practices create lasting change.
- ✓ **Ask for support** - You don't have to do it all alone.
- ✓ **Celebrate progress** - Every small step forward matters.



SIMPLE BREATH TO FIND CALM

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 for 3-5 minutes



This simple breath can calm your nervous system, reduce pain signals and help you feel more at ease.

GENTLE POSES THAT SUPPORT YOUR BODY & MIND

Move gently. Listen to your body. Rest when you need to.



1
Child's Pose
(Balasana)
Restorative and comforting. Helps release tension in your back.

2
Seated Forward Fold
(Paschimottasana)
Gently stretches the back body and calms the mind.

3
Supine Twist
(Supta Matsyendrasana)
Supports digestion and releases tension.

4
Legs Up the Wall
(Viparita Karani)
Improves circulation and reduces swelling and fatigue.

5
Supported Bridge
(Setu Bandhasana)
Gently opens the chest and supports energy flow.

6
Savasana
(Rest & Restore)
Deep rest helps the body heal and the mind relax.



Remember

Your illness is part of your story, but it is not all of your story. You are more than your symptoms, your limits or your diagnosis. Yoga can help you reconnect with your strength, your breath and yourself.

*Be gentle with yourself.
You are doing
the best you can.*



DAILY TIP

Try 5 minutes of gentle movement, breathing or meditation each day. Even a little can support your body, calm your mind and help you feel more in control.

