



YOGA FOR SUBSTANCE MISUSE

Heal your mind. Strengthen your body. Build a new way forward.



RECOVERY IS ABOUT MORE THAN GIVING SOMETHING UP – IT'S ABOUT BUILDING SOMETHING UP.

Yoga can support you in recovery by helping you manage cravings, reduce stress, improve sleep and reconnect with yourself.

Every breath, every stretch, every small choice to care for yourself is a step towards a healthier, stronger you.



You are not your past.
You are your future.



HOW YOGA CAN SUPPORT RECOVERY



Reduces stress and anxiety
Calms the nervous system and helps manage triggers and cravings.



Improves mood naturally
Movement and breath boost feel-good chemicals in the brain.



Supports better sleep
Helps your body and mind rest, repair and reset.



Builds self-awareness
Helps you tune in to your body, emotions and needs.



Increases resilience
Strengthens you to handle challenges in a healthy way.



Encourages connection
Yoga can help you feel less alone and more supported.



SIMPLE BREATH TO GROUND YOURSELF

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 can help reduce cravings, calm your mind and bring you back to the present.

GENTLE POSES TO SUPPORT RECOVERY

♥ Move gently. Listen to your body. ♥



Child's Pose (Rest & Release)

A calming pose that soothes the mind and relieves tension.



Cat-Cow (Spinal Flow)

Helps release tension in the spine and improves mobility.



Seated Forward Fold (Let Go)

Encourages release, both physically and mentally.



Cobra Pose (Open & Lift)

Opens the chest, helps build confidence and energy.



Legs Up the Wall (Reset)

Restorative pose that calms the nervous system and relieves fatigue.



Savasana (Rest & Recover)

Deep rest that allows your body and mind to reset and heal.



TIPS FOR YOUR RECOVERY JOURNEY

- ✓ Start small – Even 5 minutes can help.
- ✓ Create a safe space – Your space, your time, no pressure.
- ✓ Be kind to yourself – Some days will be harder. That's okay.
- ✓ Use yoga as a tool – Before craving hits, when stressed, or to rest.
- ✓ Reach out – You don't have to do this alone.



Remember

Recovery isn't about being perfect. It's about progress. Yoga is here to help you reconnect, restore and rediscover you.

One breath.

One choice.

One step at a time.



YOU MATTER. YOUR RECOVERY MATTERS.

Celebrate every small win. You are building a new life, one breath, one moment, one day at a time.



UNTIL NEXT TIME,
GIVE YOURSELF SPACE TO BREATHE



With love, Maggie

