

YOGA FOR THE MIND

Calm. Breathe. Reset.

STRESS IS A NORMAL PART OF LIFE – BUT YOU DON'T HAVE TO CARRY IT ALL.

Yoga offers simple, effective tools to help you slow down, let go of tension and feel more like yourself again. You don't need to be flexible or experienced. This practice is about kindness, not perfection.

You are enough, just as you are. 



THE BENEFITS OF YOGA FOR YOUR MIND



Reduces stress and anxiety
Calms your nervous system and quiets racing thoughts.



Improves mood
Movement and breath release feel-good endorphins.



Supports better sleep
Relaxes the body and helps your mind unwind.



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



Increases focus and clarity
Brings more presence, patience and mental clarity.



Encourages connection
Creates a sense of belonging and community.

----- GENTLE YOGA POSES FOR BEGINNERS -----

Take it slow. Listen to your body.

1



Child's Pose (Rest & Release)

A gentle resting pose that calms the mind and relieves tension.

2



Cat-Cow (Ease Tension)

Gently moves the spine and releases tightness in the back.

3



Downward Dog (Lengthen & Let Go)

Stretches the whole body and helps release built-up stress.

4



Seated Forward Fold (Calm & Ground)

A soothing stretch that helps quiet the mind.

5



Legs Up the Wall (Relax & Reset)

Restorative pose that reduces fatigue and anxiety.

6



Savasana (Rest & Recharge)

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

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 and activate your body's relaxation response.

TIPS TO SUPPORT YOUR PRACTICE



Create a calm space

A quiet, clutter-free space helps you feel safe and comfortable.



Start small

Even 5-10 minutes of yoga can make a positive difference.



Use props

Cushions, blankets or blocks can make poses more supportive.



Be patient and kind

Some days will feel easier. That's okay. Every breath counts.

Remember

Yoga is not about being perfect. It's about showing up for yourself, one breath at a time.

*You are enough.
Just as you are.*

