



YOGA FOR YOUR NERVOUS SYSTEM

Regulate. Restore. Reconnect.

A calm nervous system helps you feel safe, think clearly and live more fully.



YOUR NERVOUS SYSTEM IS ALWAYS LISTENING. LET'S HELP IT FEEL SAFE.

Your nervous system controls how your body responds to stress, change and daily life.

When it's dysregulated, you might feel anxious, overwhelmed, tired or on edge.

Yoga offers simple, gentle tools to help your body shift out of stress mode and back into balance.



When your nervous system feels safe, you can relax, heal and thrive.



When we slow down, breathe deeply and move gently, we send a message to our nervous system:
I am safe.



HOW YOGA SUPPORTS YOUR NERVOUS SYSTEM



Calms the stress response

Activates your parasympathetic nervous system (rest & digest) and lowers cortisol levels.



Improves emotional regulation

Helps you respond instead of react and manage big feelings.



Supports natural breathing

Restores healthy breath patterns and improves oxygen flow.



Relieves tension & pain

Releases physical tightness held in the body due to stress.



Improves sleep quality

Helps quiet a busy mind and promotes deeper, more restful sleep.



Builds resilience

Strengthens your capacity to cope with life's ups and downs.



Creates a sense of safety

Gentle movement and breath remind your body: I am okay now.



TRY THIS: 4-7-8 BREATH

A powerful way to calm your nervous system



Breathe in through your nose for 4 counts



Hold your breath for 7 counts



Breathe out through your mouth for 8 counts



Repeat for 4 rounds



This breath slows your heart rate, quiets your mind and helps your body shift into rest and repair.

GENTLE POSES TO REGULATE & RESTORE

Move gently. Listen to your body. Rest is productive.



Child's Pose
(Balasana)

A safe place to pause, rest and reset.



Reclined Bound Angle Pose
(Supta Baddha Konasana)

Opens the heart and calms the mind.



Legs Up the Wall
(Viparita Karani)

Soothes the nervous system and reduces anxiety.



Supine Twist
(Supta Matsyendrasana)

Releases tension in the spine and promotes calm.



Supported Bridge
(Setu Bandhasana)

Gently energises and helps regulate the stress response.



Savasana
(Restorative Rest)

Rest deeply and allow your body to integrate.



You don't have to do it all. Even 5-10 minutes can help your nervous system reset.



EVERYDAY WAYS TO SUPPORT YOUR NERVOUS SYSTEM

- Take slow, deep breaths throughout the day.
- Spend time in nature – it restores balance.
- Limit screen time and overstimulation.
- Move your body in ways that feel good.
- Stay hydrated and eat nourishing foods.
- Connect with people who feel safe.
- Get enough rest – your body needs it.
- Be kind to yourself – always.



Remember

You cannot always control what happens to you, but you can regulate how you respond. When you care for your nervous system, you care for your whole self.

*You are enough.
You are safe.
You are doing your best.*



DAILY TIP

Check in with your body today. Notice your breath, soften your shoulders and give yourself permission to slow down.



UNTIL NEXT TIME,
GIVE YOURSELF SPACE TO BREATHE

With love, Maggie