

SPACE TO BREATHE

YOGA SUPPORT FOR ADHD

8-POSE GENTLE RESET • 5-10 MINUTES

1



MOUNTAIN POSE

2



SHAKE AND PAUSE

3



HALF SUN FLOW

4



WARRIOR II

5



BALANCE POSE

6



FORWARD FOLD

7



KNEES TO CHEST

8



RESTING POSE

MOVE GENTLY • BREATHE NATURALLY • USE PROPS

Stop if you feel pain, dizziness or unwell. Check with a qualified professional if you have medical concerns, are pregnant, or are returning after illness or injury.