

SPACE TO BREATHE

YOGA SUPPORT FOR ANXIETY

8-POSE GENTLE RESET • 5-10 MINUTES

1



EASY POSE

2



SEATED BREATHING

3



CAT-COW

4



CHILD'S POSE

5



FORWARD FOLD

6



LEGS ON CHAIR

7



SUPINE TWIST

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.