

SPACE TO BREATHE

YOGA SUPPORT FOR CHRONIC PAIN

8-POSE GENTLE RESET • 5-10 MINUTES

1



SEATED BREATHING

2



SHOULDER ROLLS

3



SEATED SIDE BEND

4



CAT-COW

5



SUPPORTED CHILD

6



LOW LUNGE

7



LEGS ON CHAIR

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.