

SPACE TO BREATHE

YOGA SUPPORT FOR FATIGUE

8-POSE GENTLE RESET • 5-10 MINUTES

1



RECLINED BREATHING

2



ANKLE CIRCLES

3



KNEES TO CHEST

4



SUPPORTED BUTTERFLY

5



LEGS ON CHAIR

6



GENTLE TWIST

7



LEGS UP WALL

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.