

SPACE TO BREATHE

YOGA SUPPORT FOR FIBROMYALGIA

8-POSE GENTLE RESET • 5-10 MINUTES

1



SEATED BREATHING

2



SHOULDER ROLLS

3



SEATED CAT-COW

4



SUPPORTED CHILD

5



GENTLE SIDE STRETCH

6



LEGS ON CHAIR

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.