

SPACE TO BREATHE

YOGA SUPPORT FOR LOW MOOD

8-POSE GENTLE RESET • 5-10 MINUTES

1



MOUNTAIN POSE

2



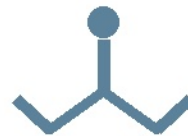
HALF SUN FLOW

3



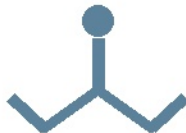
WARRIOR II

4



SUPPORTED SQUAT

5



COBRA

6



BRIDGE

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.