

Yoga for the Mind

Calm. Breathe. Reset. A gentle practice for mental space, focus and reconnecting with the present moment.

A busy mind can show up as racing thoughts, overthinking, difficulty concentrating, irritability, mental fatigue or simply feeling as though there is no space between one thought and the next. Yoga will not switch thoughts off, but movement, sensory awareness and rest can provide a different place for attention to land.

You do not have to empty your mind

The aim is not perfect stillness. Minds think. When attention wanders, you can gently return to a movement, physical sensation, sound or object in the room. That returning is part of the practice.

Six gentle poses

1	Child's Pose	Rest & release
2	Cat-Cow	Move & breathe
3	Seated Forward Fold	Calm & ground
4	Seated Twist	Find space
5	Legs Up the Wall	Rest & relax
6	Supine Twist	Let go gently

Breathing

Let your breathing remain comfortable. You can notice the breath without controlling it, or gently lengthen the exhale if that feels pleasant. Breath holds are optional and unnecessary. Stop if breathwork makes you dizzy, anxious or uncomfortable.

Start small

Two to five minutes is enough to begin. You can practise beside the bed, at a desk, on a chair or on the floor. The most useful practice is one that is realistic for your body and your day.

The six poses

Move slowly and use cushions, a chair or wall whenever useful.

1. Child's Pose

Rest the torso and head on cushions or a chair. If folding forward feels uncomfortable, choose an upright seated pause instead.

2. Cat-Cow

On hands and knees or seated, gently round and lengthen the spine. Repetitive movement can give a busy mind a simple rhythm to follow.

3. Seated Forward Fold

Hinge forward only as far as comfortable. Support your arms and head. There is no need to pull or deepen the stretch.

4. Seated Twist

Sit tall without forcing posture and rotate gently from the upper body. Keep the movement easy and return slowly to centre.

5. Legs Up the Wall

Support the legs on a wall, sofa or chair. Adjust the upper body with cushions. Eyes may stay open or closed.

6. Supine Twist

Let bent knees move to one side with support underneath. Finish in any resting position that feels comfortable and steady.

When thoughts keep returning

Try giving the mind one uncomplicated task: count five slow movements, notice three points of contact with the floor, listen for three sounds, or name what you can see. You are not trying to suppress thoughts; you are widening attention.

When stillness is difficult

Stillness is not a requirement. Walking, rocking, stretching, shaking out the hands or repeating a small movement can be more accessible. Choose the form of attention that works for you.

Supporting mental space beyond yoga

A calmer mind is often supported by practical changes as well as relaxation.

Reduce cognitive load

Write things down, use reminders, simplify choices and break tasks into visible steps. A mind carrying too many unfinished demands may need external support rather than another instruction to relax.

Create transitions

After work, appointments, social contact or concentrated tasks, build in a short transition. Change rooms, stretch, have a drink, step outside or sit quietly before moving straight into the next demand.

Sensory input

Noise, screens, lighting and clutter can contribute to mental overload. Experiment with reducing one source of stimulation rather than expecting yourself to concentrate through everything.

Rest and sleep

Mental fatigue can make concentration harder. Rest is not always sleep: quiet, predictable activity or a period without decisions can also reduce cognitive demand.

Connection and support

If worry, intrusive thoughts, low mood, anxiety or concentration difficulties are persistent or significantly affecting daily life, speaking with a GP or qualified mental-health professional can help identify the right support.

Mind & focus check-in

Use this to notice patterns rather than judge your performance.

Day	Mental load /10	Focus /10	What I tried	What helped?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Reflection prompts

What is taking up the most mental space? What can be written down or postponed? Does movement or stillness help more today? What sensory input could I reduce? What is one small task I can finish—or consciously choose not to do?

A message from Maggie

A busy mind does not mean you are doing anything wrong. Sometimes your mind is trying to hold too much at once. You do not have to force it into silence. Give yourself somewhere gentle to place your attention, reduce what you can, and remember that a few minutes of space still count.

Evidence-informed note

Yoga and other mind-body practices may support stress, attention and general wellbeing for some people. Effects vary, and yoga should not be presented as a cure for mental-health, neurological or attention-related difficulties. Use it as one optional tool alongside appropriate support.

Space to Breathe Therapy — educational wellbeing resource; not medical treatment.