

Yoga Poses

Gentle Movement for Grounding, Safety & Healing



The following trauma-informed yoga poses offer gentle ways to release tension and connect with yourself.

You are always in control.

Go at your own pace. Rest anytime



Constructive Rest Pose

Lie on your back, knees bent, feet flat. Arms by your sides or on your belly. Helps with: Grounding, calming the nervous system



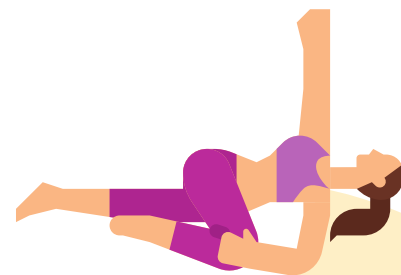
Seated Forward Fold

Sit with legs straight or crossed. Gently fold forward, resting on props or thighs. Helps with: Turning inward, releasing tension



Cat-Cow Flow

On hands and knees, arch and round your back slowly. Let your breath guide the rhythm. Helps with: Spinal mobility, body awareness



Lying Twist

Lying down, gently twist one or both legs to one side, with arm outstretched. Rest a cushion under the knees if needed. Helps with: Spinal mobility, digestion



Savasana or Resting Relaxation Pose

Lie on your back, side, or sit upright. Use blankets or cushions for support. Helps with: Relaxation, breath awareness

Australian Government
Department of Health,
Disability and Ageing.

