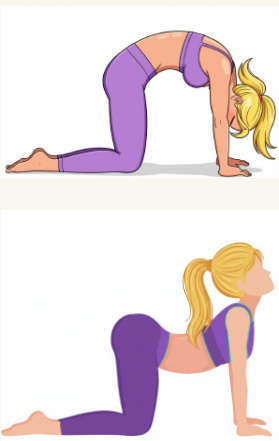
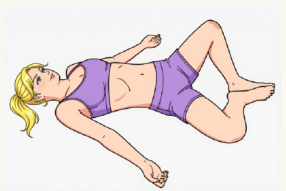


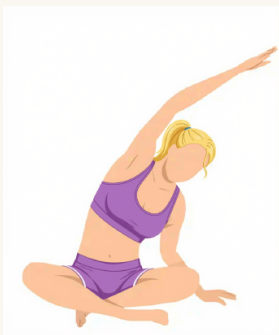


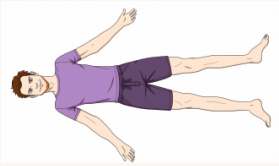
Grief lives in the body as much as it lives in the heart. This gentle yoga guide is designed to offer simple movements you can explore at your own pace, with no pressure to “perform” or get anything perfect. Each pose is an invitation to breathe, notice, and soften—never a requirement. Please listen closely to your body, move slowly, and skip or modify anything that doesn’t feel right today. These practices are meant to support you, not strain you.

1.		Mountain Pose (Tadasana) Helps with: Feeling grounded, steady, and present 1. Stand with your feet hip-width apart, toes pointing forward 2. Press your feet into the floor and gently spread your toes 3. Let your arms rest by your sides, palms facing in or slightly forward 4. Soften your knees (don’t lock them) 5. Imagine a string gently lifting the crown of your head toward the ceiling 6. Take slow breaths in and out through your nose Safety notes: Skip standing if you feel dizzy; you can do a “seated mountain” in a chair with feet flat on the floor
2.		Seated Easy Pose (Sukhasana) Helps with: Calming the mind, gentle focus on breath 1. Sit on a mat or folded blanket, cross-legged, or with legs loosely folded 2. Sit tall, shoulders relaxed away from your ears 3. Rest your hands on your thighs or in your lap 4. Close your eyes or soften your gaze

		5. Breathe slowly, counting 4 in, 4 out if that feels okay Safety notes: If hips or knees hurt, sit in a chair with feet flat and back tall
3.		Child's Pose (Balasana) Helps with: Soothing the nervous system, gentle release in back and hips 1. Kneel on the floor, big toes touching, knees as wide as comfortable 2. Sit your hips back toward your heels 3. Walk your hands forward and lower your chest toward the floor 4. Rest your forehead on the mat, a pillow, or your hands 5. Breathe slowly into your back and sides of your ribs Safety notes: If knees are sensitive, place a folded blanket under them or between hips and heels. Come up if breathing feels restricted
4.		Cat-Cow (Marjaryasana-Bitilasana) Helps with: Gently loosening the spine, connecting movement with breath 1. Come onto hands and knees: hands under shoulders, knees under hips 2. Cow: Inhale, gently arch your back, lift your chest and tailbone, gaze slightly forward 3. Cat: Exhale, round your spine, tuck your chin toward your chest, and draw your belly in 4. Move slowly between Cat and Cow with your breath Safety notes: Keep movements small if you have back pain. Place padding under knees if needed

5.		Seated Forward Fold (Paschimottanasana – Gentle) Helps with: Calming, turning inward, gentle stretch for back and legs 1. Sit with legs straight in front of you, feet flexed (toes toward the ceiling) 2. Sit on a folded blanket if your lower back rounds 3. Inhale, lengthen your spine 4. Exhale, hinge gently from your hips and fold forward, hands resting on legs, ankles, or a strap 5. Keep knees slightly bent if hamstrings are tight Safety notes: Stop if you feel sharp pain. This should feel like a gentle stretch, not strain
6.		Supported Bridge Pose (Setu Bandha Sarvangasana – Gentle) Helps with: Opening the chest, gentle lift of mood, easing back tension 1. Lie on your back with knees bent, feet hip-width apart, heels close to your sitting bones 2. Arms rest by your sides, palms down 3. Press your feet into the floor and slowly lift your hips a few inches. Option: Place a yoga block or firm pillow under your sacrum (back of the pelvis) for support 4. Breathe slowly, keeping your neck relaxed Safety notes: Avoid if you have recent back or neck injury unless cleared by a professional. Come down slowly if you feel any discomfort
7.		Reclined Bound Angle Pose (Supta Baddha Konasana – Supported) Helps with: Softening the body, opening the chest and hips, deep rest 1. Lie on your back 2. Bring the soles of your feet together and let your knees fall gently out to the sides 3. Place pillows or folded blankets under each knee

		for support 4. Rest your arms by your sides, palms up, or one hand on heart and one on belly 5. Breathe slowly, noticing the rise and fall of your chest and belly Safety notes: If hips or inner thighs feel strained, bring feet farther away from your body or straighten your legs instead
8.		Legs Up the Wall (Viparita Karani – Gentle Inversion) Helps with: Reducing fatigue, calming the nervous system, easing heavy legs 1. Sit sideways next to a wall, with one hip touching it 2. Gently swing your legs up the wall as you lower your back onto the floor 3. Adjust so your hips are a few inches away from the wall if hamstrings are tight 4. Arms rest out to the sides, palms up 5. Close your eyes if comfortable and breathe slowly Safety notes: Avoid if you have serious eye conditions, uncontrolled high blood pressure, or if inversions are not recommended for you. Come out slowly by bending knees and rolling to one side
9.		Seated Side Stretch Helps with: Creating space in the ribs and side body, easing tension from shallow breathing 1. Sit cross-legged on the floor or upright in a chair 2. Place your right hand on the floor or chair beside you 3. Inhale, lift your left arm up toward the ceiling 4. Exhale, gently lean to the right, feeling a stretch along the left side of your body 5. Keep both sitting bones grounded 6. Take a few breaths, then switch sides Safety notes: Keep the movement small if you feel any pinching in your low back or ribs

10.		Savasana (Final Rest) Helps with: Deep rest, integration, nervous system reset 1. Lie on your back with legs comfortably apart and arms by your sides, palms up 2. Place a pillow under your knees or head if that feels better 3. Gently close your eyes or soften your gaze 4. Notice your natural breath without trying to change it 5. Stay for 3–10 minutes, or as long as feels supportive Safety notes: If lying flat feels uncomfortable, try lying on your side with a pillow between your knees, or rest in a reclined chair instead
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As you move through these poses, remember there is no “right way” to grieve and no “right way” to practice. Some days you may feel able to do more; other days, simply reading through the steps or taking a few slow breaths may be enough. Honor whatever is true for you in this moment. If you have any medical concerns, injuries, or conditions, please consult with a healthcare professional before beginning or changing your movement routine. May these gentle practices offer you small pockets of steadiness, comfort, and care along the way