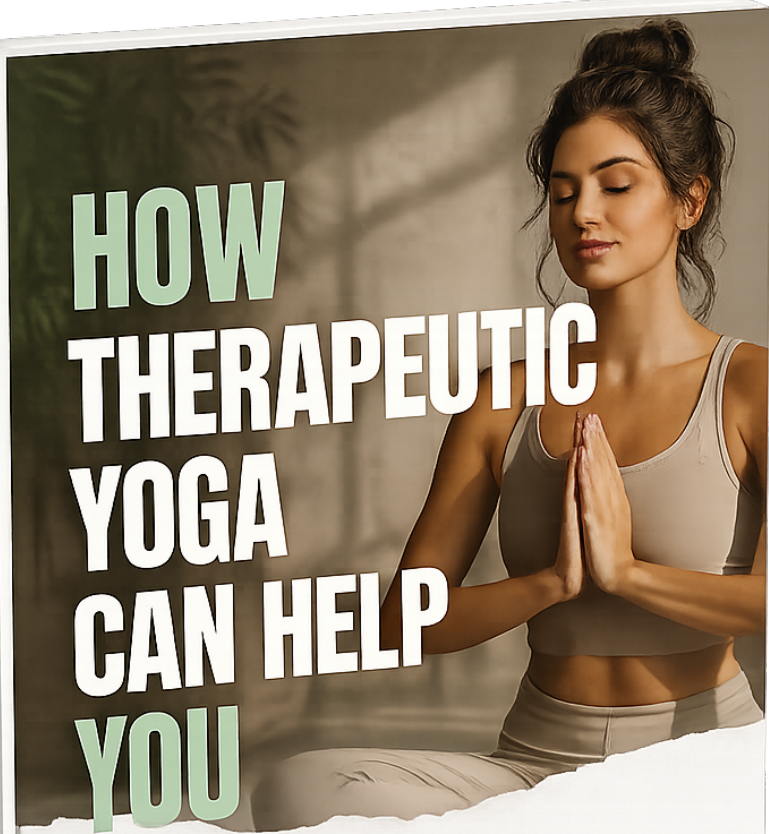


A woman with dark hair in a bun, wearing a light-colored tank top and leggings, is shown in a yoga pose with her hands in a prayer position (Anjali Mudra). She is sitting on a white surface, and the background is a soft-focus indoor setting with plants.

HOW THERAPEUTIC YOGA CAN HELP YOU

5 Techniques To Support
Your Mind, Body & Soul

Therapeutic Yoga Is About Supporting The Whole You

Therapeutic yoga brings together gentle movement, breath, mindfulness, rest, and meditation to support your mind, body, and overall well-being. Instead of pushing your body to perform, the practice encourages you to notice what you need and work from there.

This guide introduces five simple ways therapeutic yoga can support you. These practices can be adapted to your comfort level and used as part of a steady approach to feeling more grounded, mobile, rested, and connected.

Small practices can create meaningful change.



A gentler approach

Work with your body instead of forcing it into a practice that does not feel right.



More than movement

Breathwork, mindfulness, meditation, and rest are part of the practice too.



Support for real life

Use what you learn on the mat to create more awareness and calm in everyday moments.

Support Your Mind, Body & Soul

Yoga is often thought of as stretching or exercise, but therapeutic yoga looks at the bigger picture. The practices can help you slow down, become more aware of your body, and build habits that support how you feel day to day.



Reduce Stress & Tension

Breath, mindful movement, and rest can help your body shift out of a constant state of doing.



Support Stiff Or Sore Muscles

Gentle movement can help you explore tight areas without turning the practice into a competition.



Improve Mobility & Flexibility

Moving with intention can support range of motion and help your body feel less restricted.



Create More Mental Clarity

Mindfulness and meditation give you space to notice your thoughts without getting pulled into every one.



Support Overall Well-Being

A regular practice can create more opportunities for rest, awareness, connection, and self-care.

Five Ways To Bring Therapeutic Yoga Into Your Life

You do not need to master all five at once. Start with the practice that feels most useful to you right now, then build from there.



1. Breathwork

Use intentional breathing to slow down and reconnect with your body.



2. Gentle Movement

Move in ways that support mobility, comfort, and body awareness.



3. Mindfulness

Practice noticing what is happening right now without judgment.



4. Rest & Restoration

Give your body intentional time to settle and recover.



5. Meditation

Create space to observe your thoughts and return to the present moment.

You do not have to do more. Sometimes the practice is learning how to do less with more awareness.

TECHNIQUE 1

Breathwork

Your breath is one of the simplest tools you can return to at any time. In therapeutic yoga, breathwork is used to bring attention back into the body and create a steadier rhythm when life feels rushed or overwhelming.

Start by noticing your breath without trying to change it. Feel where it moves in your body. Then allow your inhale and exhale to become a little slower and easier. The goal is not to breathe perfectly. It is to become more aware of what your breath is telling you.



Try this

Place one hand on your chest and one on your belly. Take five slow, comfortable breaths and simply notice the movement beneath your hands.

TECHNIQUE 2

Gentle Movement

Therapeutic movement is not about getting deeper into a pose. It is about paying attention. Slow, intentional movement can help you notice where you feel tight, where you feel comfortable, and where your body may be asking for more support.



Try this

Move your shoulders slowly through a comfortable range, then pause. Notice what changed before deciding what your body needs next.

TECHNIQUE 3

Mindfulness

Mindfulness is the practice of noticing what is happening right now. That may mean noticing your breath, your body, your surroundings, or the thoughts moving through your mind. You are not trying to make the moment different. You are learning how to be present for it.



Try this

Pause and name five things you can see, four things you can feel, and three things you can hear. Let your attention settle into the moment you are in.

TECHNIQUE 4

Rest & Restoration

Rest is part of the practice. Restorative yoga uses comfortable, supported positions that allow you to stop working so hard for a little while. Bolsters, blankets, blocks, and other props can help your body settle without needing to hold or force a pose.



Try this

Give yourself five quiet minutes in a comfortable supported position. Let the floor, chair, or props do the work of holding you.

Meditation

Meditation does not require you to completely clear your mind. Thoughts will come and go. The practice is learning to notice when your attention has wandered and gently bring it back to something steady, such as your breath, a sound, or the feeling of your body being supported.



Try this

Set a timer for two minutes. Sit comfortably and follow your natural breath. Each time your mind wanders, notice it and return to the breath without judging yourself.

A Practice That Meets You Where You Are

Some days you may need movement. Other days you may need quiet. Therapeutic yoga gives you different tools so your practice can change with you. There is no need to force yourself into the same routine every day.

Listen first. Then choose the practice that supports you today.

You Don't Have To Figure It Out Alone

Therapeutic yoga is not about becoming more flexible, doing the hardest pose, or getting everything right. It is about learning how to listen to yourself and building practices that support the way you want to feel in your body and mind.

At Heal Me Yoga, we meet you where you are. If you are new to yoga, returning after time away, or looking for a more supportive approach to your practice, there is a place for you here.



Start gently

Choose one technique from this guide and practice it for a few minutes.



Stay curious

Notice what helps without judging yourself on the days that feel different.



Ask for support

A knowledgeable teacher can help you explore options that feel more comfortable and personal.

Your body does not need to be pushed. It needs to be heard.

Heal Me Yoga

Therapeutic yoga for mind, body & soul

This guide is educational and is not a substitute for medical diagnosis or treatment. Speak with a qualified healthcare professional about medical concerns or injuries.