

# CREATING SPACE FOR ME:



Yoga Pathways to  
Freedom

It can be overwhelming to start practicing yoga, especially when faced with chronic pain. There are so many choices.

### Keep it Simple

Try searching for “accessible yoga,” “chair yoga,” or “gentle yoga.”

Breathing practices, known as pranayama, can be simple and easy.

### 5 Minutes a Day

Five minutes a day are better than no minutes a day or 60 minutes a week.

### If It Hurts, Don't Do It!

The adage “no pain, no gain” does not apply to yoga.

### Always Be Breathing

If all you do is lie there and breathe, you are still doing yoga, and you are doing more than you were before!



Take any position.

Bring one hand to your heart, the other to your abdomen.

Feel your breath moving underneath your hands.

In your mind, begin to describe the qualities of your breath to yourself.

Soft?

Even?

Slow?

Fast?

Deep?

Fast?

Big?

When practicing breath awareness, there is no “right” answer for what you observe, there is only the observation.

Breath awareness is an essential meditation technique and necessary if you wish to move further down the yogic path.

Start with Your Breath

# Yoga means “union.”

Union of the body, mind,  
and spirit

Union of our spirit and the  
eternal cosmic vibration

Union of our mind to the  
present moment

Union of our mind  
with peace

With this in mind, yoga is more  
than a pose or a breath; yoga is  
life itself!

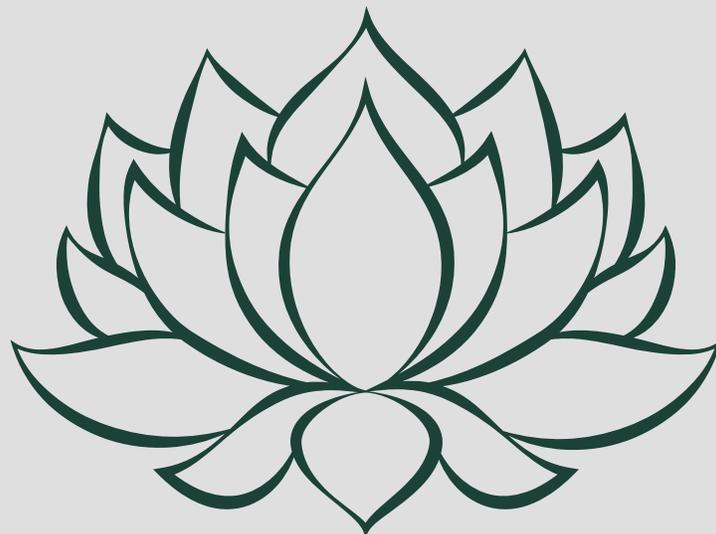


# In Bed Yoga Practice

Try a simple practice that can be done in your bed, possibly under the covers!



[.youtu.be/EBaZEfrrXjo](https://youtu.be/EBaZEfrrXjo)



The best practices are what bring us ease. The easiest practices are those we incorporate into our daily lives: breathing in bed, balance practices while waiting for the water to boil or the microwave to beep, bending over to put on socks or tie our shoes, even resting in the middle of the day.

Where else can we fit a yoga practice into our days?

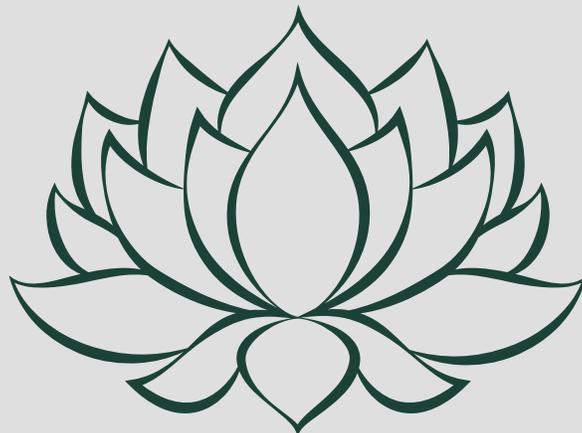
# Yoga Nidra

The most exquisite practice in yoga is  
Yoga Nidra.

This practice is a guided meditation where you are lying down. The only thing you need to do is follow along. Stay in bed, lie on the couch, or get on the floor, it makes no difference, just make sure you are comfortable.



Download a Free Yoga Nidra  
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