

Gentle Trauma-Sensitive Yoga Sequence for PTSD

by MasalaMonk.com

Focus: Nervous system regulation, grounding, gentle body awareness, and emotional safety.

Before You Begin:

- Find a quiet, safe space.
- Use props: bolster, pillow, blanket, blocks.
- Keep eyes open or closed.
- Honor your body: modify or skip as needed.

Grounding Breath (5 min)

Sit comfortably. Inhale for 4 counts, exhale for 6-8 counts. Place hand on chest and belly.

Seated Cat-Cow (3 min)

Sit cross-legged or on chair. Inhale: arch back; Exhale: round spine. Move slowly.

Supported Child's Pose (3-5 min)

Kneel, big toes together, knees apart. Rest torso on bolster, head to side.

Legs-Up-The-Wall (5-8 min)

Sit sideways to wall, swing legs up. Use blanket under hips if helpful.

Reclining Bound Angle (5-7 min)

Lie back, soles of feet together, knees supported with pillows.

5-4-3-2-1 Grounding (2-3 min)

Name: 5 things you see, 4 hear, 3 touch, 2 smell, 1 taste.

Supported Savasana (5-10 min)

Lie flat, support under knees and head. Focus on breath, cover with blanket.

Optional Closing: "I am safe. I am present. I honor my healing journey."

Recommended: Practice 3-5 times/week.

Important: Pause if distress arises. Consult healthcare provider. Modify as needed.