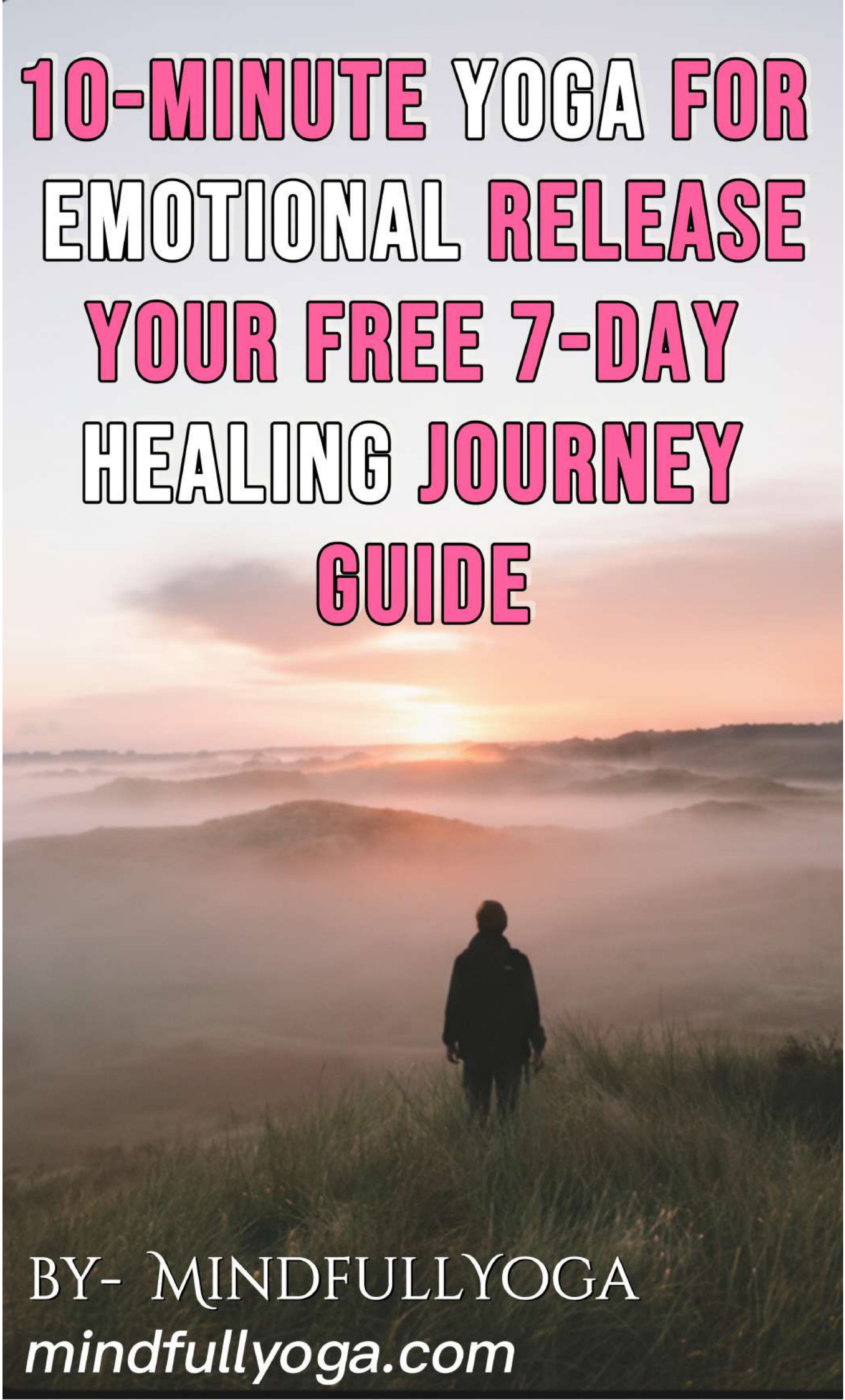
10-MINUTE YOGA FOR EMOTIONAL RELEASE YOUR FREE 7-DAY HEALING JOURNEY GUIDE

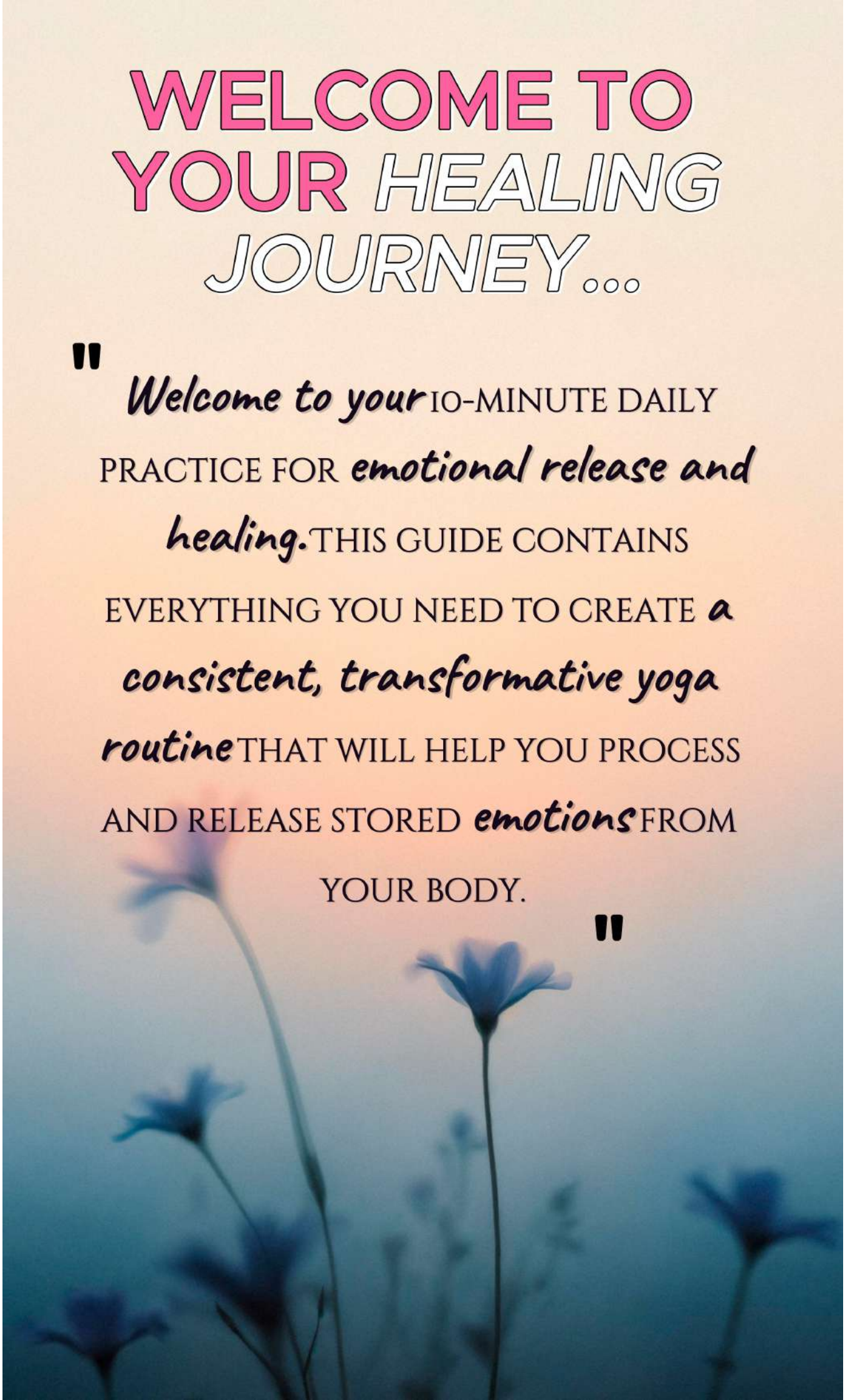


BY- MINDFULLYOGA

mindfullyoga.com

WELCOME TO YOUR *HEALING JOURNEY...*

"*Welcome to your* 10-MINUTE DAILY PRACTICE FOR *emotional release and healing.* THIS GUIDE CONTAINS EVERYTHING YOU NEED TO CREATE *a consistent, transformative yoga routine* THAT WILL HELP YOU PROCESS AND RELEASE STORED *emotions* FROM YOUR BODY."



7 gentle poses with detailed step-by-step instructions

1. Visual REFERENCES for proper alignment (add images when designing).
2. Modification OPTIONS for every body type and flexibility level.
3. EMOTIONAL release affirmations for each pose.
4. 7-DAY CHALLENGE tracker to build your habit
5. Journaling PROMPTS for deeper emotional healing
6. TIPS FOR CREATING your sacred practice space

How to Use This Guide:

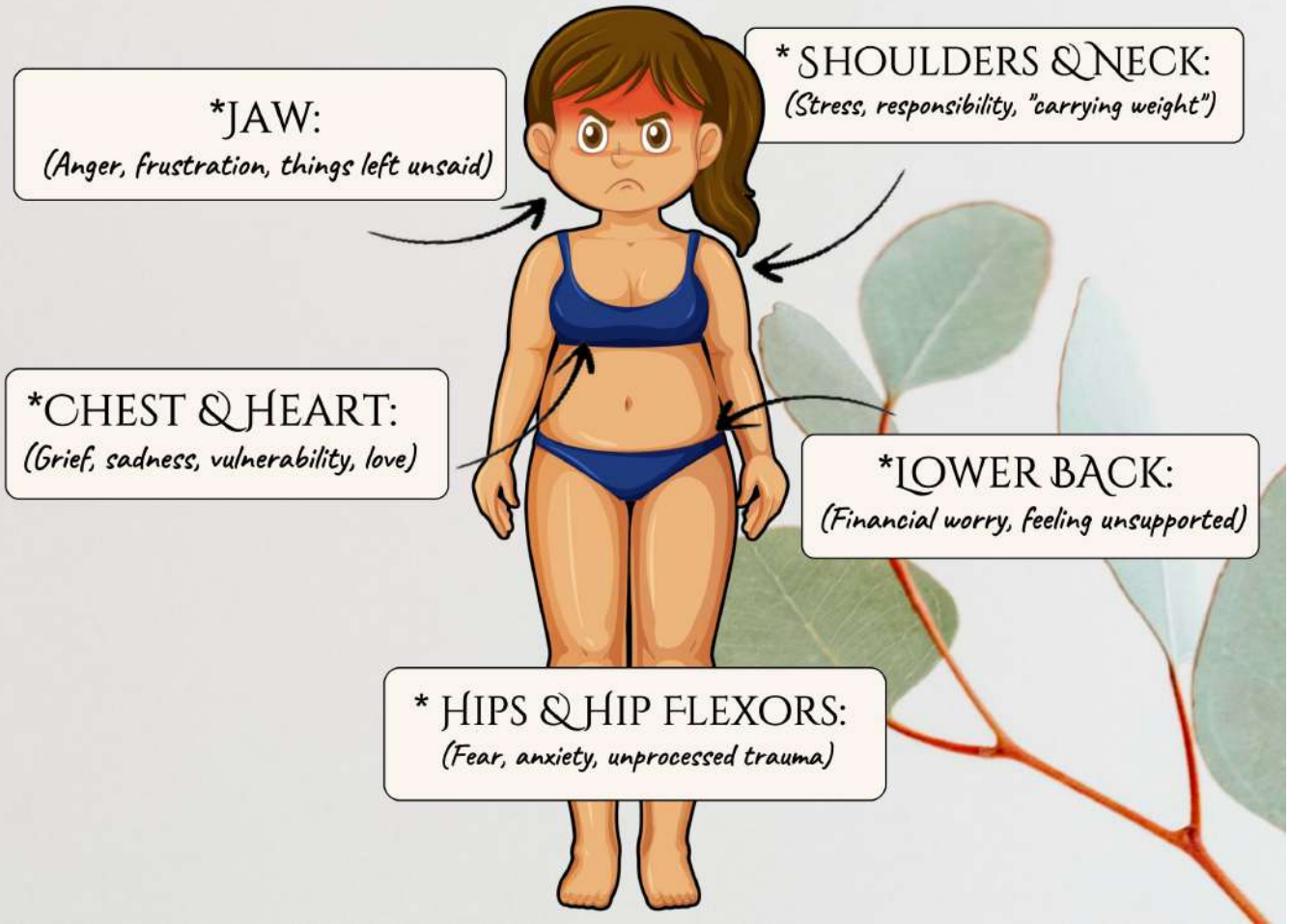
Daily Practice:

1. Choose the SAME TIME EACH DAY (morning or evening works best)
2. Create a QUIET, COMFORTABLE space where you won't be interrupted
3. Follow the POSES in order, HOLDING EACH for the recommended time
4. BREATHE DEEPLY and allow emotions to surface naturally without judgment
5. Track your PROGRESS on the challenge tracker
6. JOURNAL after your practice using the prompts provided

THE SCIENCE: WHY YOGA RELEASES EMOTIONS

* THE BODY * Keeps the Score
Our bodies are INCREDIBLE storage systems
not just for memories, but for EMOTIONS too.
When we EXPERIENCE stress, trauma, grief,
or overwhelming feelings, we don't just process
them MENTALLY. We PHYSICALLY hold
them in OUR tissues, muscles, and fascia.

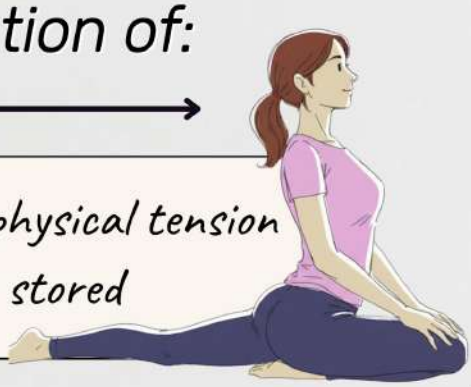
Common areas where we store emotions:



How Yoga Creates

Emotional Release

Yoga for emotional release works through a combination of:



* **Gentle Movement:** Unlocks physical tension where emotions are stored

***Deep Breathing:** Activates the parasympathetic nervous system (your "rest and digest" mode), signaling to your body that it's safe to let go

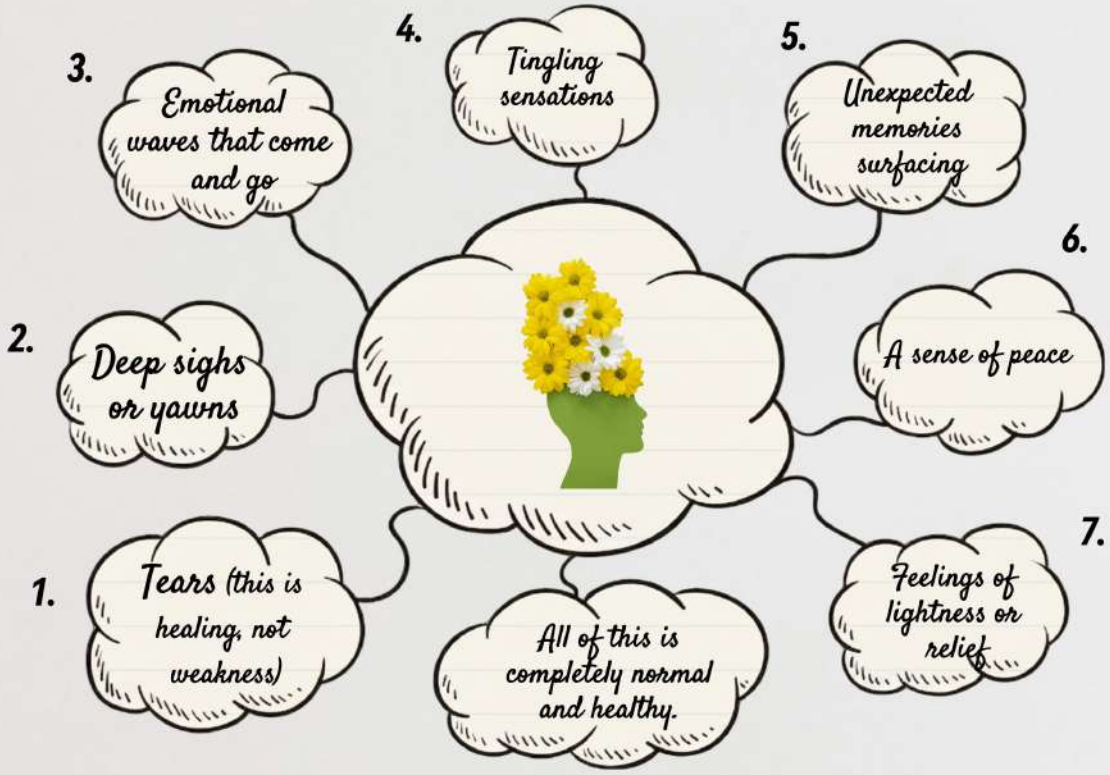
***Mindful Awareness:** Creates space between stimulus and reaction, allowing you to witness and process emotions without being overwhelmed

***Hip Openers:** Specifically target the psoas muscle and hip area where we store deep-seated fear and trauma

***Heart Openers:** Allow vulnerability, release grief, and create space for self-compassion

What to Expect During Your Practice

You might experience:



Important Reminders

* **Yoga complements therapy;** it doesn't replace it. If you're processing trauma or working with mental health challenges, please continue working with qualified professionals.

* **There's no "right" way to feel.** Some days you'll cry. Other days you'll feel nothing. Both are valid and part of your healing journey.

* **Be patient with yourself.** Emotional release happens in layers and in its own time. Trust the process.

What You'll Need:

*YOGA MAT

*COMFORTABLE, CLOTHING

* OPTIONAL: 2 YOGA BLOCKS

(or thick books)

* OPTIONAL: BOLSTER OR PILLOWS

Total Practice Time: 10 minutes

Perfect For : All levels, especially beginners

Frequency : Daily for best results

Pose 1:

CHILD'S POSE

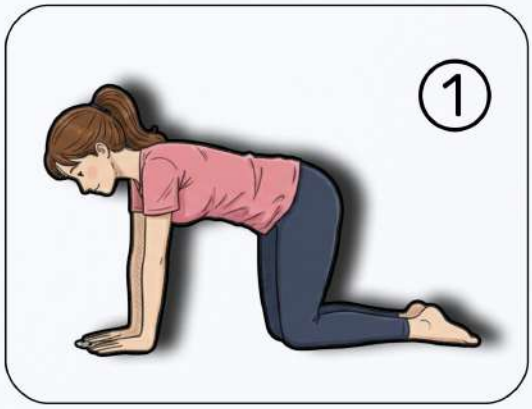
{HOLD FOR: 1.5 MINUTE.}

Why This Pose Works for Emotional Release:

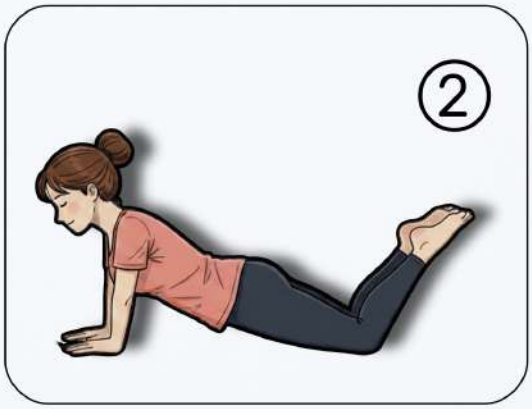
"CHILD'S POSE *creates an instant sense of safety and surrender. By* FOLDING *inward and* RESTING *your forehead on the ground, you activate your* "PARASYMPATHETIC" *nervous system. The gentle compression of your* BELLY *stimulates the* "VAGUS" *nerve, which tells your* BRAIN *"I am safe." This pose also* OPENS *the hips and stretches the lower back -two major areas* WHERE *we store emotional tension.*"

Step-by-Step Instructions:

Start on your hands and knees in tabletop position (wrists under shoulders, knees under hips)



Bring your big toes to touch while separating your knees hip-width apart or wider



Slowly sit your hips back toward your heels

Step-by-Step Instructions:

Walk your hands forward, extending your arms straight out in front of you

Breathe deeply into your lower back, feeling it expand with each inhale

Rest your forehead gently on the mat and close your eyes

Inhale for 4 counts through your nose, exhale for 6 counts through your nose or mouth. Feel your back body (ribs, back, sides) expand like a balloon with each breath. Let each exhale be a release

Modifications for Every Body:

① If your hips don't reach your heels:

* Place a folded blanket or bolster between your hips and heels for support

② If your forehead doesn't reach the floor

* Stack your fists on top of each other and rest your forehead there

* Rest your forehead on a pillow

* Use a yoga block under your forehead

③ If you have tight shoulders:

* Keep your arms alongside your body (palms facing up) instead of extended forward
This variation is called "Sleeping Child's Pose"

④ If you're pregnant:

* Keep your knees very wide to make room for your belly
Use extra props for support

{EMOTIONAL RELEASE AFFIRMATION:}

" I let myself be held by the earth. I am safe to surrender. I release control and trust the process. "

Pose 2:

CAT-COW

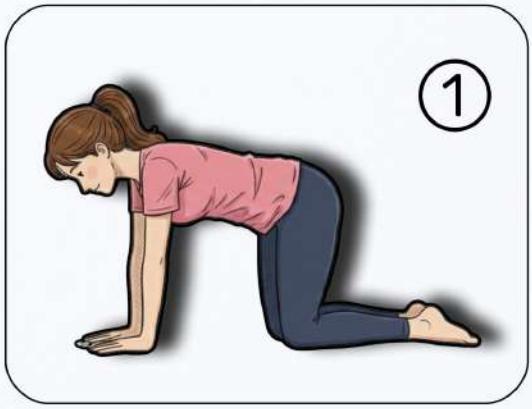
{FLOW FOR: 2 MINUTES.}

Why This Pose Works for Emotional Release:

"Your SPINE is where you store ENORMOUS amounts of EMOTIONAL tension. Cat-Cow CREATES fluid movement through your entire spine, literally MOBILIZING stuck energy and emotions. The rhythmic FLOW synchronized with BREATH is meditation in motion—IT brings you into the the PRESENT moment and creates a SAFE container for emotional processing. This is often where sighs and deep exhales naturally occur."

Step-by-Step Instructions:

Start on your hands and knees in tabletop position (wrists under shoulders, knees under hips)

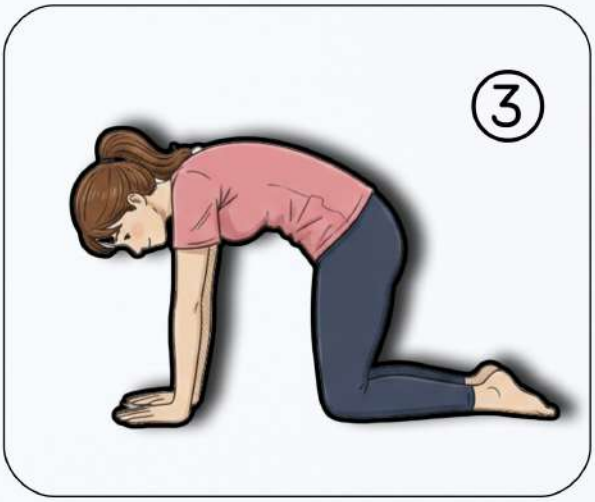


{INHALE - COW POSE.}

Drop your belly toward the floor (let it release downward)
Lift your chest and gaze toward the ceiling Draw your shoulders away from your ears
Arch your back gently

{EXHALE - CAT POSE.}

Round your spine toward the ceiling like a stretching cat
Tuck your chin toward your chest
Draw your belly button toward your spine
Press firmly into your hands to deepen the stretch



{LET YOUR BREATH LEAD THE MOVEMENT.}

Inhale fully as you open into Cow.

Complete 10-12 rounds at your own comfortable pace
Move with intention, not speed

Exhale completely as you round into Cat.

"MAKE YOUR EXHALES AUDIBLE—SIGH, GROAN, OR MAKE SOUND. THIS HELPS RELEASE STUCK EMOTIONS."

Pose 3:

LOW LUNGE

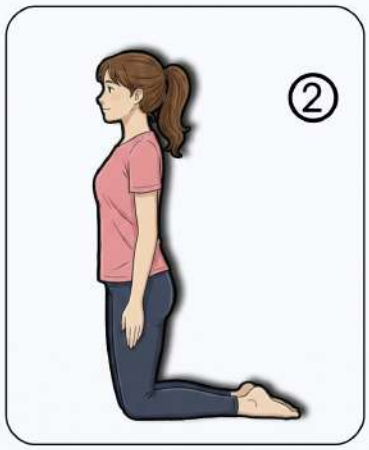
{HOLD FOR: 1 MINUTE EACH SIDE.}

Why This Pose Works for Emotional Release:

"The HIP flexors are POWERFUL emotional storage centers. YOUR psoas muscle (the deepest hip flexor) is directly CONNECTED to your NERVOUS system and is often CALLED "the muscle of the soul." WHEN you're in fight-or-flight mode, your PSOAS contracts to protect you. YEARS of stress, anxiety, and unprocessed experiences get STORED here. Low Lunge GENTLY opens these areas, allowing stored emotions—especially fear and anxiety—to surface and RELEASE."

Step-by-Step Instructions:

Sit back on your heels, hands resting on thighs.

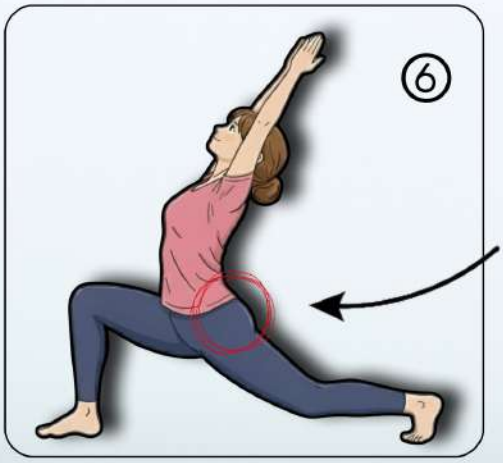


Come up to kneeling with torso upright.

Step your right foot forward, knee stacked over ankle.

Sink your hips forward into the lunge, hands at heart.

Raise your right arm (or both arms) overhead, chest lifted.



Lean back slightly, opening the front body and stretching the left hip flexor.

Pose 4:

SUPINE BUTTERFLY

{HOLD FOR: 2 MINUTES.}

Why This Pose Works for Emotional Release:

"*This is* ONE *of the most* POWERFUL *poses for* EMOTIONAL *release because it* OPENS *both your hips* AND *your heart simultaneously. In* YOGA *philosophy, the* HIPS *are associated with the second chakra (svadhisthana)—the* ENERGY *center of emotions, relationships, and creativity. The* HEART *center (Anahata chakra) holds grief, love, and vulnerability.* WHEN *we open* BOTH *areas at once, we create a profound opportunity for emotional processing. The* HAND *placement creates a beautiful connection to your emotional centers and promotes self-compassion.*"

Step-by-Step Instructions:

Lie flat on your back on your mat

Bend both knees

Your legs should form a diamond shape

Modifications for Every Body:

① If your knees don't reach the floor (most people's don't):

* Place yoga blocks, pillows, or folded blankets under each knee for support

* This is crucial, never let your legs "hang" unsupported

② If you have lower back discomfort:

* Add a rolled blanket under your spine or lower back; move feet farther away.

③ If you want a more restorative version:

* Lie back on a long bolster; support knees with blocks; add a pillow under your head.

④ If you're pregnant:

* Keep your upper body raised on a bolster after the first trimester; avoid lying flat.

{BREATHE GENTLY:}

" Feel your chest and belly rise and fall. Let each exhale help your body relax deeper into the pose.

This connects you to both your emotional center (heart) and your physical center (belly). "

Pose 5:

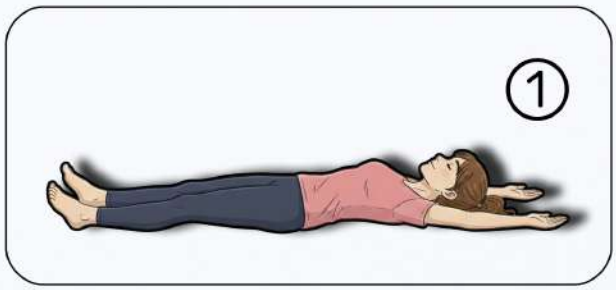
SEATED FORWARD FOLD

{HOLD FOR: 2 MINUTES.}

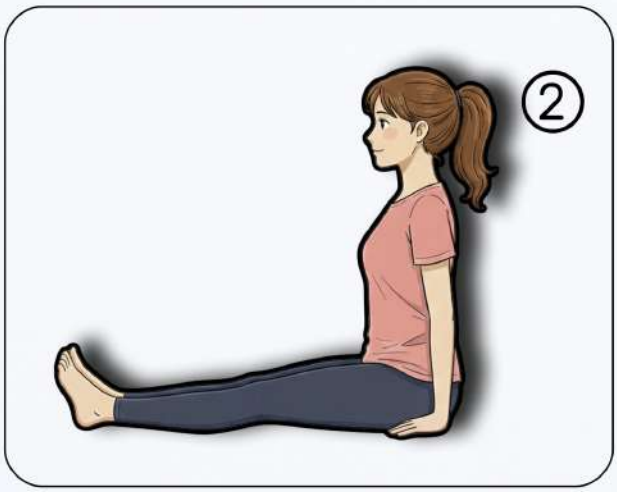
Why This Pose Works for Emotional Release:

"Forward folds are DEEPLY introspective poses. When we FOLD forward, we literally TURN inward—away FROM the external world and toward our INNER landscape. This creates a SAFE, cocoon-like feeling that ALLOWS emotions to surface. FORWARD folds also CALM the nervous system BY compressing the belly and creating GENTLE pressure on internal organs. THIS activates the parasympathetic response. Additionally, the HAMSTRINGS store anxiety and stress, so stretching them can release these held emotions."

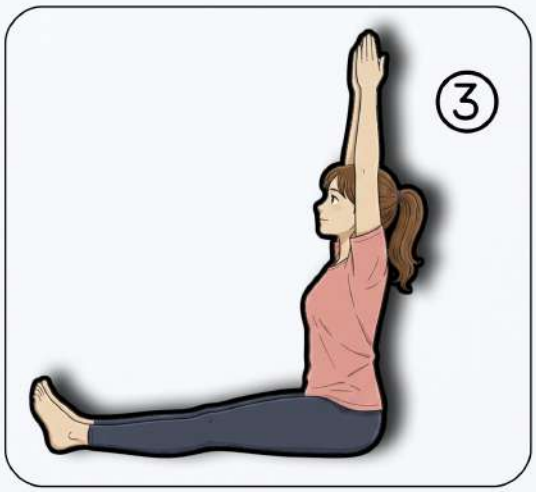
Step-by-Step Instructions:



Lie flat on your back on your mat



Sit tall with legs straight, feet flexed.



Inhale, reach your arms up to lengthen your spine.

Exhale, hinge forward from your hips and fold over your legs, letting hands land wherever they reach.

Modifications for Every Body:

① If you have tight hamstrings (most people do):

* Bend your knees; place a blanket under them; focus on a long spine, not straight legs.

② If you can't reach your feet:

* Loop a strap or towel around your feet and hold the ends; keep your spine long.

③ If you want a gentler version:

* A fully supported, gentle version using bolsters to relax the body and reduce stretch intensity.

{LET YOUR BREATH LEAD THE MOVEMENT.}

Inhale: Lengthen your spine.

Do 5–8 slow rounds of breath, moving gently deeper with each exhale.

Exhale: Gently fold forward.

Pose 6:

LEGS UP THE WALL

{HOLD FOR: 2 MINUTES.}

Why This Pose Works for Emotional Release:

"Legs Up the WALL is a gentle inversion THAT literally shifts YOUR perspective—both physically and emotionally. INVERSIONS reverse the normal BLOOD flow and can create a FEELING of "turning things upside down" in a therapeutic way. This POSE activates the parasympathetic NERVOUS system powerfully, moving you into DEEP rest-and-digest mode. It's profoundly restorative and CREATES a feeling of being supported by the wall. Many PEOPLE experience emotional RELIEF and a sense of "letting the world hold me" in this pose."

Step-by-Step Instructions:

Sit close to the wall and lie back.

Bring one side of your hip right next to the wall.

Gently roll onto your back as you swing your legs up the wall.

Let your arms rest beside you, palms up.Soften your shoulders and jaw.

Modifications for Every Body:

① If you have tight hamstrings (most people do):

* Move hips farther from wall. Make the "L" wider and Bend knees

② Lower-back discomfort:

* Place blanket under hips.Shift back from wall and Keep knees soft

③ If you want a gentler version:

* Place a bolster along your spine.Enjoy a soft, supported heart-opening backbend

④ Eye sensitivity:

* Use an eye pillow / cloth

{LET YOUR BREATH FLOW NATURALLY:}

" No effort, No control.
Notice its gentle rhythm.
With every exhale, soften a little more. Imagine the wall fully supporting you, so your whole body can let go. "

Pose 7:

SAVASANA WITH HEART

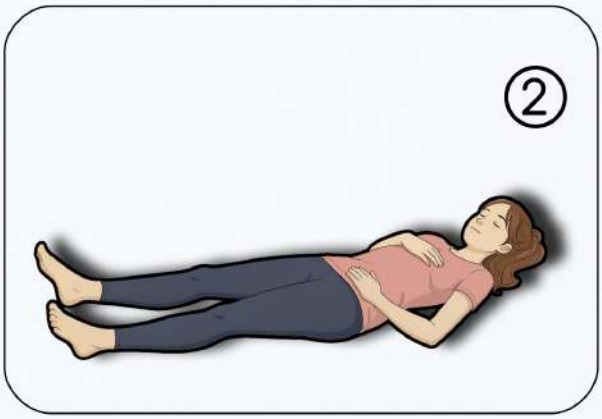
{HOLD FOR: 2 MINUTES OR LONGER}

Why This Pose Works for Emotional Release:

"Savasana (Corpse Pose) is the ULTIMATE integration pose. AFTER moving, stretching, and opening, WE rest completely so the body can integrate EVERYTHING we've released. This is where the DEEPEST healing happens. The HAND-ON-HEART variation adds a powerful ELEMENT of self-compassion and self-love. In a world that constantly DEMANDS we DO MORE, Savasana TEACHES us that simply BEING is ENOUGH. This pose honors your journey and creates space FOR gratitude."

Step-by-Step Instructions:

Lie flat on your back. Extend legs and let feet fall open naturally (V-shape).



Place right hand over your heart, left hand on your belly.

Soften shoulders, jaw, and belly.Close eyes gently.Observe your breath. Rest for 2+ minutes.

Modifications for Every Body:

① Lower back discomfort:

* Place a bolster/rolled blanket under knees, Helps release lower-back tension

② Can't lie completely flat:

* Use a small pillow or folded blanket under head

③ Supported Savasana

* Bolster under the knees, Bolster along the spine (inclined with yoga blocks) and Folded blankets under the head

" Let your breath flow naturally. Nothing to change, nothing to do. Feel the gentle lift and fall.Just rest. Just be. "

YOUR 7-DAY CHALLENGE TRACKER

CONSISTENCY CREATES TRANSFORMATION. COMMIT TO PRACTICING THESE 7 POSES FOR 10 MINUTES EVERY DAY FOR THE NEXT 7 DAYS. TRACK YOUR JOURNEY HERE.

How to Use This Tracker:

After each practice session, check the box for that day
Rate your emotional state before and after practice (1 = difficult/ heavy, 10 = peaceful/light)
Write brief notes about what you released or felt during practice
Notice how your scores change over the week

DAY	DATE	✓ COMPLETED	EMOTIONAL STATE	WHAT I RELEASED/FELT TODAY
1	//___	☐	Before: ___ After: ___	 _____
2	//___	☐	Before: ___ After: ___	 _____
3	//___	☐	Before: ___ After: ___	 _____
4	//___	☐	Before: ___ After: ___	 _____
5	//___	☐	Before: ___ After: ___	 _____
6	//___	☐	Before: ___ After: ___	 _____
7	//___	☐	Before: ___ After: ___	 _____

TIPS FOR EMOTIONAL RELEASE DURING YOUR PRACTICE

① When Tears Come

- Let them flow, it's healing, not weakness.
- Keep breathing gently.
- Stay in the pose if it feels safe.
- Use sound (sigh, cry, exhale) to help release.

② You Feel Nothing

- Totally normal, release happens in its own time.
- Some days are just movement, not emotion.
- Numbness is also stored emotion shifting.
- Trust your body's timeline.

③ Emotions Feel Overwhelming

- Move into Child's Pose for safety.
- Place hands on your heart to ground.
- Breathe: Inhale 4, Exhale 6.
- Tell yourself: "I am safe. This will pass."
- You can always pause or stop.

Ways to Support Deeper Emotional Release:

① Make Sounds

* Sigh, hum, moan, or chant, sound helps emotions move.

② Shake It Out

* Shake hands, arms, hips, whole body. Releases stuck energy between poses.

③ Hydrate

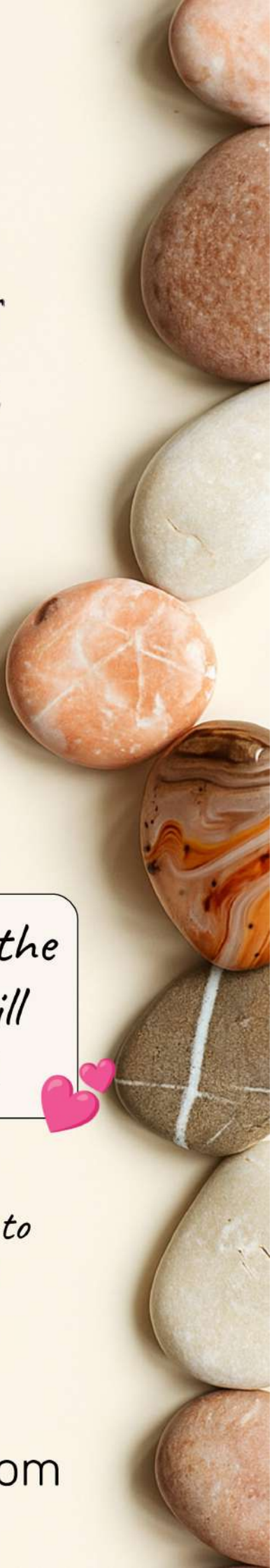
* Drink water after practice to support physical and emotional release.

④ Rest Anytime

* Return to Child's Pose or Savasana when needed. No pushing, no forcing, just softening.

- Closing Note

" HEALING ISN'T ABOUT BECOMING SOMEONE NEW 🧘‍♀️ IT'S REMEMBERING THE PARTS OF YOU THAT PAIN MADE YOU FORGET. "



You are not a **curse**. You are the quiet **proof** that **softness** still **survives** in this loud world.

— From one healing heart to another, **Nandini** 💛

Website → mindfullyoga.com