

5

(simple,
free)

Daily Pain Management Ideas



Cat & Cow Pose

For gentle mobilisation and relief of the back and neck muscles. [Tutorial here](#)



Neck Stretches

To alleviate tension in the neck and shoulders. [Tutorial here](#)



Breathwork

For calming the nervous system, reducing tension and improving energy. [Tutorial here](#)



Meditation

My favourite tool ever. Reducing pain, fatigue, insomnia and more. Helping during a flare. [Tutorial here](#)



Trigger Point Massage

For addressing the tension in the fascia. [Article here](#)



Restorative Yoga

For calming the nervous system, reducing tension and fatigue. [Tutorial here](#)

Want help with all of these and more?

To start or adapt your yoga practice, and use these tools in your daily management plan - join us now in [The Foundations of Yoga for Chronic Pain and Fatigue](#).