

6- Days  
Gentle  
Yoga  
Program  
for  
Beginners



Daily  
Therapeutic  
Yoga Practice  
for Healing &  
Balance



YogTherapy.in



Dear Practitioner,

Welcome to your 6-Days Therapeutic Yoga Journey.

This course is designed to help you gently restore balance in your body and mind through easy, accessible daily yoga practices. Whether you're dealing with stress, fatigue, hormonal imbalance, or general tension, this course will support you in small, meaningful steps.

You don't need to be flexible or experienced — all you need is willingness. Each session is only 10–20 minutes long and includes supportive yoga poses, calming breath-work, and mindful reflection. You can use household items like a pillow, chair, or blanket as props to stay fully supported.

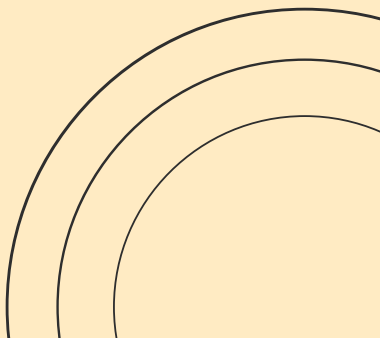
Take this journey at your pace. Listen to your body. Use the journal pages to reflect and stay connected.

I'm honoured to guide you.

With care and devotion,  
Shivangi Sharma  
Yog Educator, Philosopher and Writer  
[yogtherapy.in](http://yogtherapy.in)



# How to Use This Course?

1. Practice daily, ideally at the same time (morning or evening).
  2. Use props for support: pillow, blanket, chair, or bolster.
  3. Each session includes:
    - 3–6 gentle āsanās (poses)
    - Breathing guidance
    - 1–2 reflective journal prompts
  4. Stay hydrated, eat light, and be kind to yourself.
  5. You can repeat this 10-day cycle whenever you feel the need to reset.
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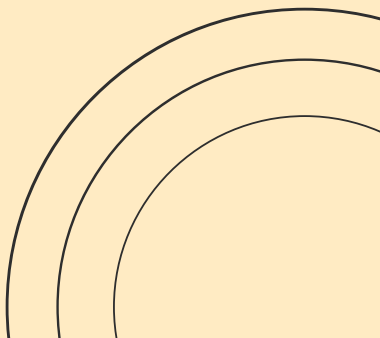


# What You Need

- Comfortable clothes
- Quiet space to practice
- Yoga mat (optional)
- Water Bottle
- Support props (pillow, blanket, chair)



# Benefits of This Practice

- Relieves tension in the lower back, neck, and shoulders
  - Supports hormonal balance and menstrual health
  - Calms the nervous system and reduces anxiety
  - Enhances body awareness and emotional balance
  - Builds consistency through short, sustainable habits
- 

Find a  
space that  
works for  
you.



Choose a space  
where there is  
enough room to  
feel relaxed and  
focused.

# Day 1



## Grounding & Breath Awareness

### ◆ Today's Focus:

- Activate your awareness
- Calm the nervous system
- Feel grounded and present

### ◆ Props Needed:

- Pillow or cushion
- Blanket or towel (folded)
- Chair (optional)



1. Sukhasana – सुखासन  
Easy Seated Pose

(Sanskrit: Sukha = comfort,  
Asana = posture)



Instructions: Sit cross-legged on a pillow with your spine tall. Close your eyes. Rest your hands on your knees.

Help: if unable to sit properly on the floor, you can use pillow, cushion, yoga blocks, and sit on that. This will help you to sit longer in this Asan.

Breath: Inhale slowly for 4 counts, exhale for 6 counts. Repeat 5 rounds.

Benefits: Calms the mind, centers your attention, opens the hips gently.

## 2. Tadasana – ताड़ासन Mountain Pose

(Sanskrit: Tada = mountain)



Instructions: Stand tall with feet hip-width apart. Spread your toes. Feel grounded. Roll your shoulders back.

Breath: Inhale as you raise your arms overhead; exhale as you bring them down. Do this slowly 5 times.

Benefits: Improves posture, activates core, increases body awareness.

### 3. Paschimottanasana- पश्चिमोत्तानासन Seated Forward Fold with Support

(Paschimottanasana variation – supported)

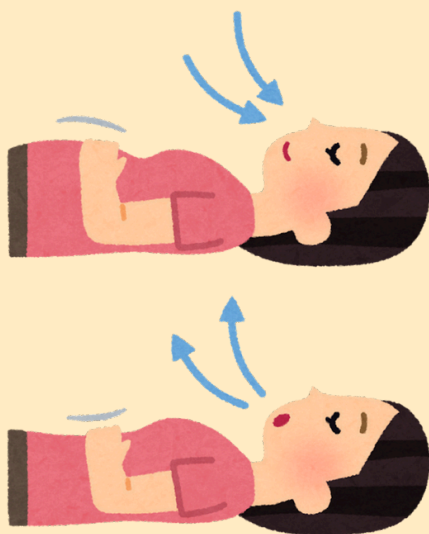


Instructions: Sit with legs extended. Place a pillow on your thighs. Fold forward gently, resting your head on the pillow.

Breath: Breathe deeply into your back. Hold for 5–7 breaths.

Benefits: Stretches spine and hamstrings, calms the brain, relieves anxiety.

#### 4. दीर्घ प्राणायाम - Guided Deep Breathing (Dirgha Prāṇāyāma)




Instructions: Lie down with one hand on your belly, one on your chest. Inhale slowly – belly expands, chest rises. Exhale slowly.

Breath Pattern: Inhale 4 counts – Pause – Exhale 6 counts

Repeat for: 2–3 minutes.

Benefits: Reduces stress, enhances oxygen flow, supports parasympathetic nervous system.

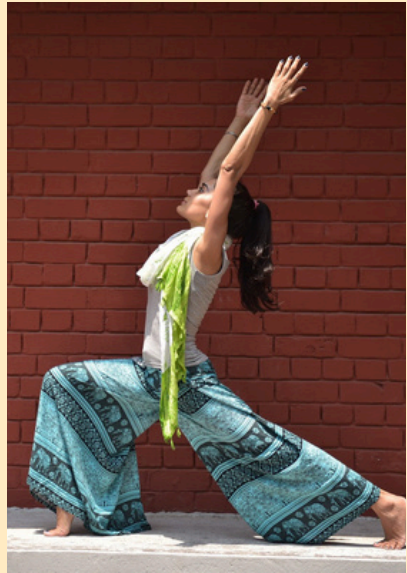
 Journal Prompt (Optional):

- “What did I feel in my body today?”
- “Where do I carry stress or tightness?”

 Reminder:

Take it easy. You’re not here to push – you’re here to connect. Your only goal today is to show up with presence.

# Day 2



## Gentle Spine Release

- Theme: Freeing the spine to release emotional and physical tension

### ◆ Today's Focus:

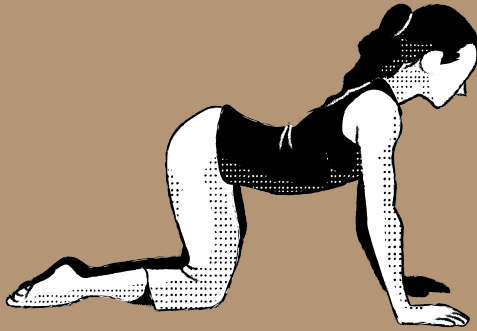
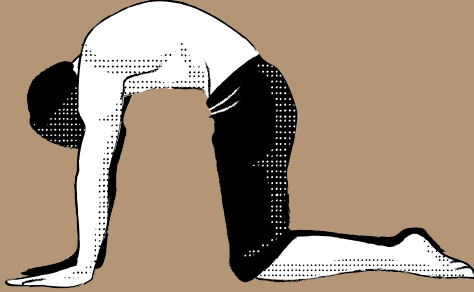
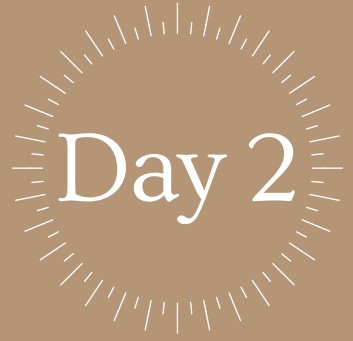
- Mobilize the spine
- Ease stiffness in the back
- Improve breath and energy flow

### ◆ Props Needed:

- Blanket or towel
- Chair or wall for support (optional)

1. Marjariasana – मर्जरीआसन  
Cow Pose

(Sanskrit: Marjari = cat,  
Bitilasana = cow)



Instructions: Come to all fours. Inhale, lift the chest and tailbone (Cow).

Exhale, round the back (Cat).

Repeat: 6–8 slow rounds

Benefits: Lubricates the spine, relieves back pain,  
improves digestion

## 2. Balasana – बालासन Child's Pose (Supported)

(Sanskrit: Bala = child)



Instructions: Kneel on the floor, sit back on heels, and fold forward.

Place a folded blanket under the hips or a pillow under the chest for comfort.

Breath: Stay for 6–10 deep breaths

Benefits: Calms the nervous system, stretches lower back, reduces fatigue

### 3. Ardha Matsyendrasana –अर्ध मत्स्येन्द्रासन Half Spinal Twist (Seated)

(Sanskrit: Ardha = half, Matsyendra = name of a sage)



Instructions: Sit with legs extended. Bend your right knee and place the foot outside the left thigh. Twist gently to the right. Hold the spine tall.

Breath: Inhale to lengthen spine, exhale to twist. Hold for 5 breaths.

Repeat on both sides

Benefits: Detoxifies internal organs, improves spinal flexibility




#### 4. Savasana - शवासन with Deep Breath



Instructions: Lie flat with arms and legs relaxed. Close your eyes. Breathe gently into your belly.

Time: 3–5 minutes

Benefits: Integrates practice, relaxes body, lowers stress hormones

 Journal Prompt (Optional):

- “What emotions came up during today’s practice?”
- “How did my back and breath feel afterward?”

 Reminder:

The spine holds a lot of hidden tension. Gentle movement and breath create inner space. Let it be soft today – healing doesn’t have to be hard.

# Day 3



## Hips & Lower Back Release

Theme: Open the hips to free the lower spine and release stored stress

### ◆ Today's Focus:

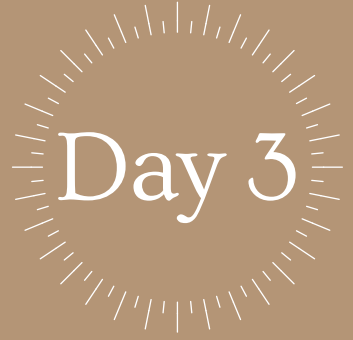
- Release tension in hips and pelvic area
- Ease lower back pain
- Improve blood circulation to reproductive organs

### ◆ Props Needed:

- 1 Pillow or bolster
- Blanket for extra knee support
- Wall or chair (optional)

1. Supta Baddha Konasana –  
सुप्त बद्ध कोणासन  
Reclining Bound Angle Pose  
(Supported)

(Sanskrit: Supta = reclining,  
Baddha = bound, Kona = angle)



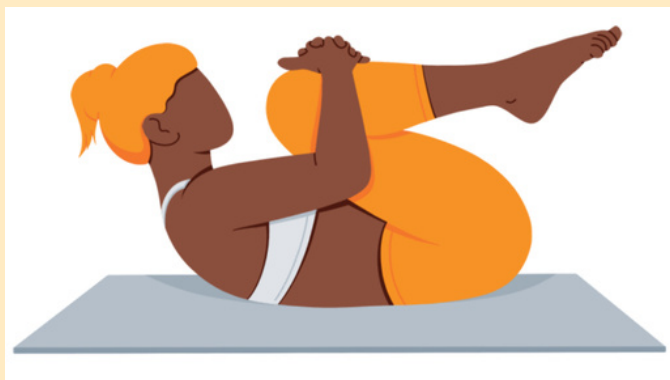
Instructions: Lie on your back, bring soles of feet together and let knees fall out to the sides. Place a pillow under each knee for support.

Breath: Stay here for 2-3 minutes with slow belly breathing.

Benefits: Opens hips, supports hormonal balance, calms the mind

## 2. Apanasana – अपानासन Knees-to-Chest Pose

(Sanskrit: Apana = downward-moving energy)



Instructions: Lie on your back and hug both knees gently to your chest. Rock slightly side to side if comfortable.

Hold: 5–7 breaths

Benefits: Releases lower back, supports digestion, relaxes pelvic muscles

### 3. Supported Malasana – मलासन Garland Pose (Chair or Wall Support)

(Sanskrit: Mala = garland)



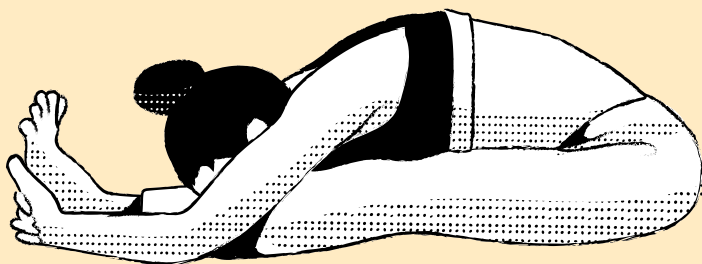
Instructions: Sit on a low stool or squat with support behind (wall or chair). Keep spine tall and palms together in front of the heart.

Breath: Inhale to lift chest, exhale to soften hips. Hold for 5-6 breaths.

Benefits: Deeply opens hips, stretches ankles and groin, balances root chakra

### 3. Paschimottanasana- पश्चिमोत्तानासन Seated Forward Fold with bent knees


(Paschimottanasana variation – supported)



Instructions: Sit on a folded blanket, bend knees slightly, and fold forward over thighs with a pillow under forehead.

Breath: Stay here for 1–2 minutes.

Benefits: Soothes nervous system, stretches back body gently

 Journal Prompt (Optional):

- “Where do I hold tightness in my body?”
- “What emotions do I associate with my hips or belly area?”

 Reminder:

Your hips are like a storage space for emotions. Move with care, breathe with presence, and let go without force.

# Day 4



## Neck, Shoulders & Emotional Tension Release

Theme: Let go of mental pressure and physical tightness from the upper body

### ◆ Today's Focus:

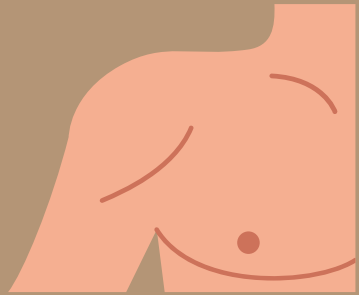
- Release neck stiffness
- Open shoulder joints
- Ease mental tension and emotional stress

### ◆ Props Needed:

- Wall or chair
- Towel or small cushion
- Optional: light scarf or strap

1. Neck Rolls & Shoulder  
Shrugs (Seated or Standing)

Day 4



Instructions: Sit or stand tall. Slowly roll your neck in a half-circle from one shoulder to the other (not full circles). Shrug shoulders up to ears on inhale, drop on exhale.

Repeat: Neck rolls  $\times 3$  each side, Shoulder shrugs  $\times 5$

Benefits: Relieves neck tension, improves blood flow to brain, softens emotional tightness



## 2. Gomukhasana Arms – गोमुखासन Cow Face Pose (Seated Variation)

(Sanskrit: Go = cow, Mukha = face)



Instructions: Sit tall. Reach one arm overhead, other from below the back. If they don't meet, use a strap or towel to bridge the gap.

Hold each side for: 5 breaths

Benefits: Opens chest and shoulders, balances energy channels, helps with emotional balance

### 3. Supported Thread the Needle - पार्श्व बालासन (Shoulder Stretch)

(Sanskrit: Parsva Balasana)



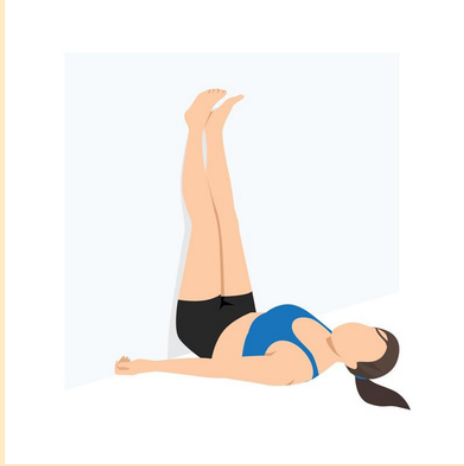
Instructions: From all fours, slide one arm under the chest and rest shoulder and head on the mat. Use a cushion for support if needed.

Hold each side: 6 breaths

Benefits: Relieves shoulder tightness, massages upper back, calms the mind


#### 4. Viparita Karani – विपरीत करणी Legs-Up-the-Wall Pose

(Sanskrit: Viparita = reversed, Karani = action)




Instructions: Lie on your back and place your legs up a wall (or on a chair). Place a pillow under hips if needed. Stay for: 5–8 minutes

Benefits: Reduces anxiety, supports hormonal balance, relieves tired legs and upper body fatigue.

 Journal Prompt (Optional):

- “What am I mentally holding on to today?”
- “Did my shoulders feel lighter after today’s session?”

 Reminder:

Stress lives in the shoulders and neck. Breathe deeply into these spaces and let go of the invisible weight you’re carrying.

# Day 5



## Restorative Stillness + Guided Breathing (Bonus Audio Day)

Theme: Deep nervous system reset through stillness and breath awareness.

### ◆ Today's Focus:

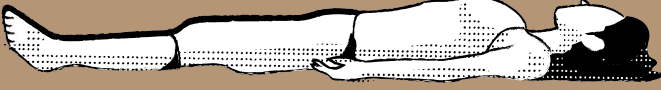
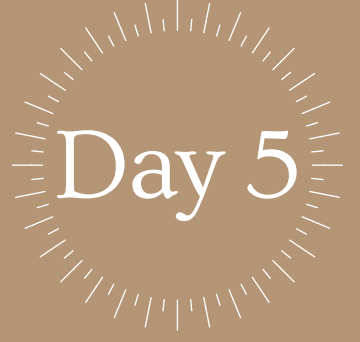
- Restore energy
- Enter deep relaxation
- Reconnect with inner peace through guided breathwork

### ◆ Props Needed:

- 1-2 pillows or bolster
- Blanket for warmth
- Optional eye mask or cloth

1. Supported Savasana शवासन  
(Deep Rest Pose)

(Sanskrit: Sava = corpse, Asana =  
posture)

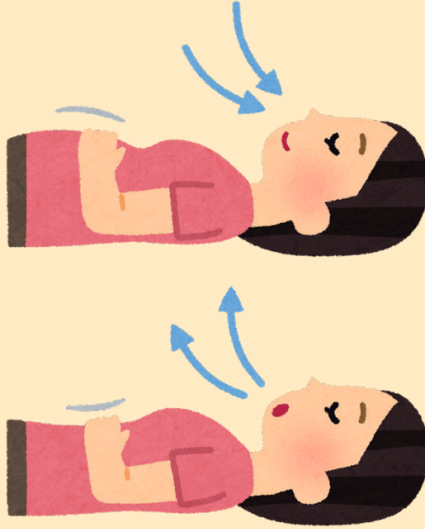


Instructions: Lie on your back, place a pillow under your knees and a small rolled towel under your neck. Cover yourself with a blanket.

Stay for: 5-10 minutes

Benefits: Profound relaxation, reduces stress hormones, resets nervous system

## 2. Dirgha Shvāsa – दीर्घ प्राणायाम Pranayama for Calm

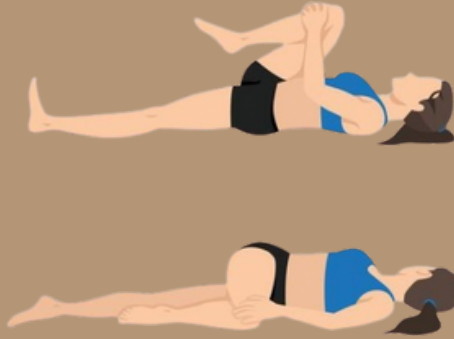


Practice: Dirgha Shvāsa (3-Part Yogic Breathing)  
Instructions (if no audio):

- Sit or lie down.
- Inhale: Fill belly → ribs → chest (in one smooth flow)
- Exhale: Chest → ribs → belly (release slowly)
- Use the rhythm: Inhale for 4 | Hold for 2 | Exhale for 6
- Duration: 5 minutes (guided or silent)

Benefits: Balances prāṇa (energy), quiets the mind, aids in emotional healing

### 3. Gentle Reclining Twist (Supta Matsyendrasana) - सुप्त मत्स्येन्द्रासन



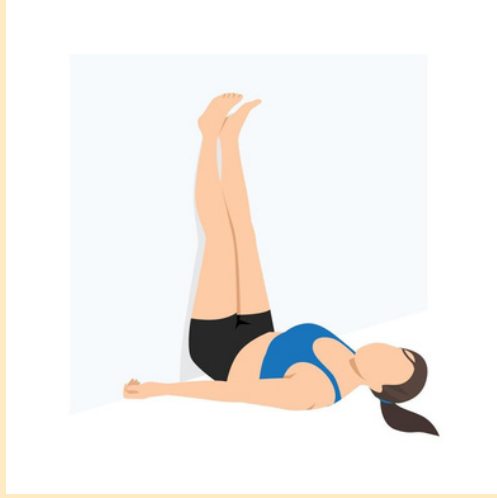
Instructions: Lie on your back. Bring right knee across the body to the left side. Look to the right. Support knee with a pillow.

Hold each side: 5 breaths

Benefits: Releases spinal tension, calms digestion and nerves.


#### 4. Viparita Karani – विपरीत करणी Legs-Up-the-Wall Pose

(Sanskrit: Viparita = reversed, Karani = action)




Instructions: Lie on your back and place your legs up a wall (or on a chair). Place a pillow under hips if needed. Stay for: 5–8 minutes

Benefits: Reduces anxiety, supports hormonal balance, relieves tired legs and upper body fatigue.

 Journal Prompt (Optional):

- “What felt different in silence or stillness today?”
- “How did my breath affect my mind?”

 Reminder:

Rest is not passive. It’s a powerful healing state. Allow your breath to be your medicine today. Simply receive.



# Day 6



## Integration & Gentle Flow for Daily Energy

Theme: Celebrate your journey and awaken full-body harmony

### ◆ Today's Focus:

- Combine what you've learned
- Flow gently from head to toe
- Build trust in your daily yoga rhythm

### ◆ Props Needed:

- Blanket or mat
- Optional pillow for knees or hips
- Wall/chair for balance if needed

1. Tadasana – ताड़ासन  
Mountain Pose

Day 6



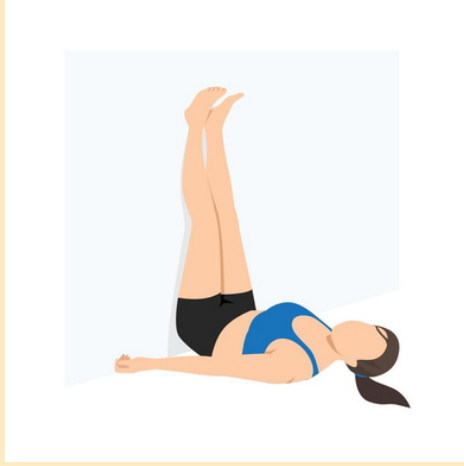
Stand tall. Feel rooted. Inhale arms up, exhale arms down slowly.

Repeat: 5 rounds

Benefits: Stability, focus, presence


#### 4. Viparita Karani – विपरीत करणी Legs-Up-the-Wall Pose

(Sanskrit: Viparita = reversed, Karani = action)




Instructions: Lie on your back and place your legs up a wall (or on a chair). Place a pillow under hips if needed. Stay for: 5–8 minutes

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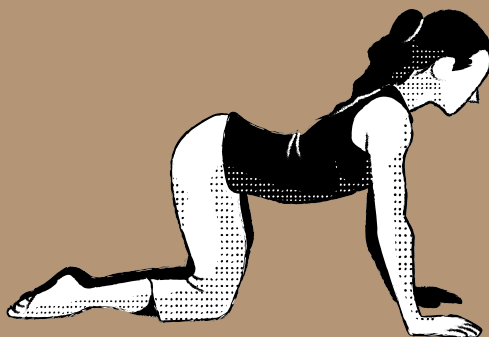
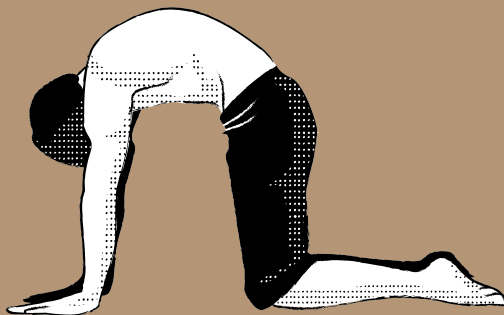
 Journal Prompt (Optional):

- “What felt different in silence or stillness today?”
- “How did my breath affect my mind?”

 Reminder:

Rest is not passive. It’s a powerful healing state. Allow your breath to be your medicine today. Simply receive.

## 2. Cat-Cow + Balasana Flow मार्जरी आसन + बालासन



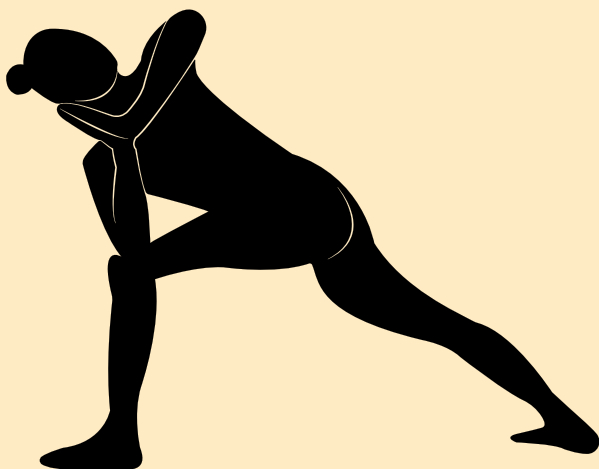
Come to all fours. Do 3 rounds of Cat-Cow, then sit back into Child's Pose.

Repeat the whole cycle 3 times.

Benefits: Spinal mobility, nervous system reset

### 3. Low Lunge + Twist (Anjaneyasana variation)

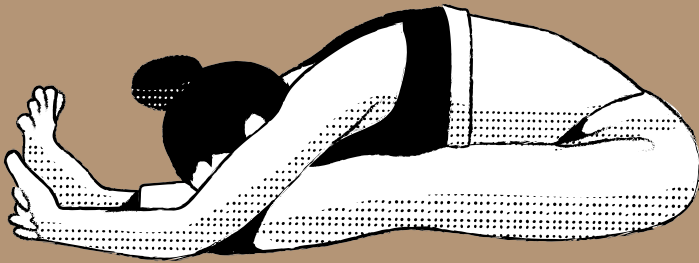
अंजनेयासन + ट्विस्ट (अंजनेयासन भिन्नता)



Step right foot forward, drop left knee. Inhale lift arms. Exhale twist right. Hold 3-5 breaths. Switch sides.

Benefits: Opens hips, strengthens legs, improves balance

#### 4. Seated Forward Fold - पश्चिमोत्तानासन



Sit on a blanket. Bend knees slightly and fold forward with soft breath.

Stay for 1-2 minutes

Benefits: Calms the mind, stretches spine and legs

## 5. Savasana + Short Body Scan शवासन



Lie down. Start by noticing your toes, legs, hips, belly, chest, shoulders, jaw, and crown.

Breathe into each space.

Stay for 5–7 minutes

Benefits: Deep integration, peace, nervous system recovery.

📖 Final Journal Prompt (Optional):

- “What changes did I feel over these 6 days — physically, mentally, or emotionally?”
- “Which practice will I continue with daily?”

📝 Reminder:

You’ve planted the seed. Keep nourishing it. You deserve a body that feels good and a mind that feels peaceful.

# Conclusion:

## Your Journey Has Just Begun

Dear Practitioner,

Completing this 6-day gentle yoga and healing journey is not a small step – it's a meaningful commitment to yourself.

You've taken time to:

- Connect with your body through safe, therapeutic āsanas
- Regulate your breath and nervous system
- Build inner awareness through daily practice
- Begin releasing the patterns of pain, stress, or hormonal imbalance

Even 10–20 minutes a day can create powerful ripples in your well-being.








## Conclusion: Your Journey Has Just Begun

### What Comes Next?

Healing is not linear. Some days you will feel progress. Some days will challenge you. But what matters most is that you keep showing up for yourself – with gentleness, trust, and compassion.

Here are a few ways you can continue:

-  Repeat this 6-day sequence for 3–4 weeks
-  Schedule a 1:1 Yoga Therapy Session for a personalized plan
-  Explore my other thematic yoga programs
-  Follow along on Instagram @yogtherapy.in for free tips, updates, and motivation
-  Email anytime for guidance or questions

### My Promise to You:

I am here to support you with the right tools, rooted in authentic yoga, modern science, and years of therapeutic experience. You are not alone in this journey.

Let's move forward with peace, purpose, and awareness – together.

With warmth and gratitude,

Shivangi

M.A. in Yoga Therapy | 5+ Years of Teaching | 5000+ Patients Healed

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