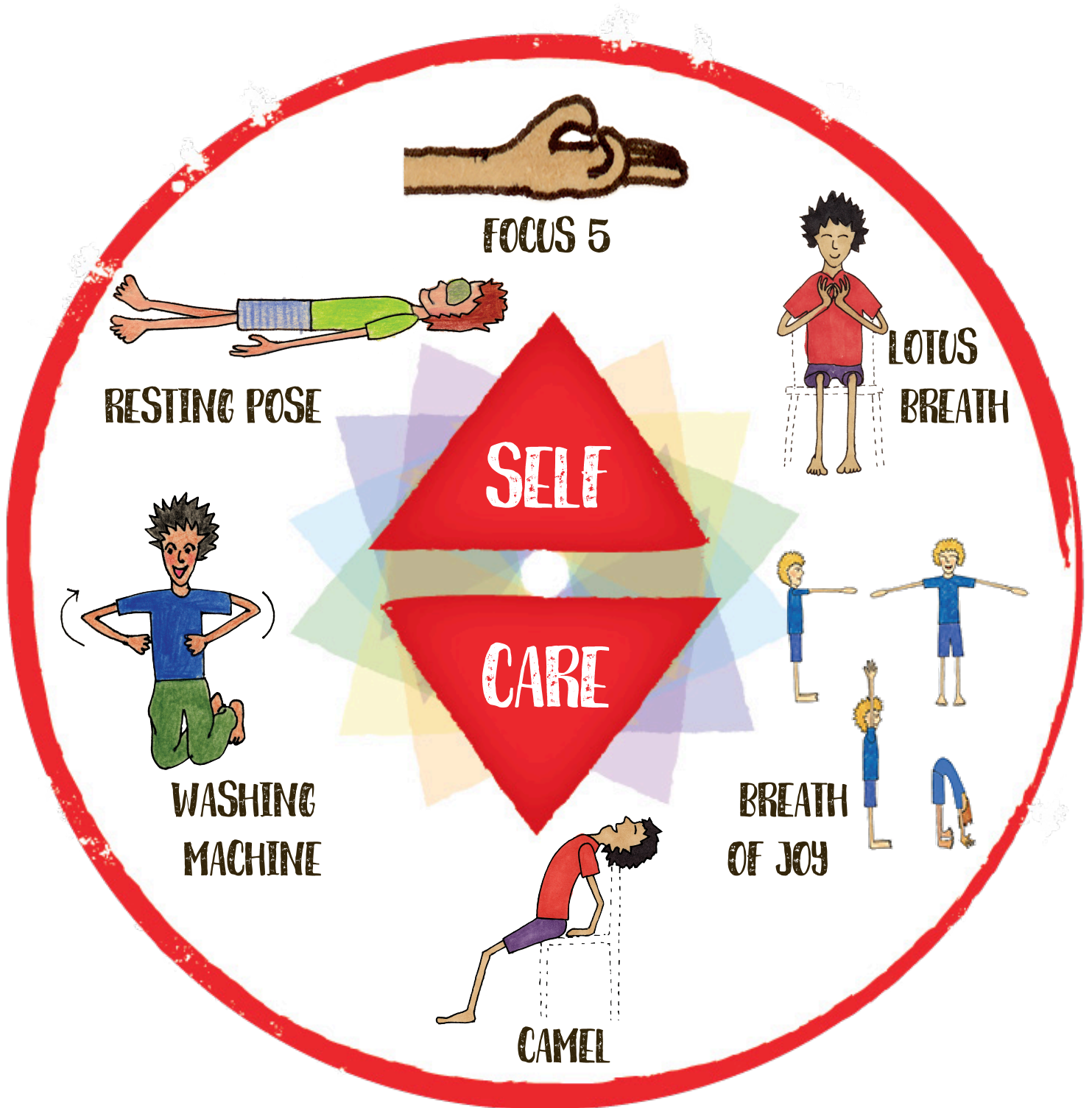


Get Grounded in Self-Care



Focus 5 Breath

Press your thumb and pinky together as you take a deep breath in and out. Press your thumb and ring finger and take another deep breath in and out. Continue breathing as you press thumb and middle finger together and thumb and index finger together. Conclude with a fifth deep breath as you give a thumbs up to the universe.

Lotus Breath

Bring your palms together in front of your heart. Press the outer edges of your hands together and open your fingers away from each other to resemble a lotus flower. Inhale and lift your lotus toward the sun. Exhale and release your arms out to either side. Connect to your heart and let go of tension.

Breath Of Joy

Stand with your feet parallel and evenly rooted.

Inhale 3 sips of air powerfully through your nose as you lift your arms in front, out to the side and then overhead as you fill up all the way. Exhale a sigh from your mouth in 1 continuous breath as you fold forward. Repeat several times.

Camel

Scoot to the front of your chair. Place your hands on the chair behind your back with bent elbows. Use your inhalation to brighten and lengthen your sides. As you exhale, lift your heart and arch your back. Allow your head to gently follow. When you allow your heart to lead the way, your head will clear.

Washing Machine

Sit or kneel with your feet hip distance apart. Place your hands on your sides or shoulders. Inhale and twist to the left. Exhale and twist to the right. Twist from side to side as you breathe powerfully through your nose. Sometimes negativity clings to us like dirt. Wash it away to reveal your most positive, balanced self. After many rotations, pause in the center, swiftly spin your forearms around each other and then throw your arms out to the side to release whatever you need to let go of.

Resting Pose with progressive relaxation technique

Lie on your back and stretch your legs. Place your arms by your sides. You can also do this with your head and arms resting on your desk. One at a time, squeeze and then release your toes, legs, hips, belly, hands, arms, shoulders and face. Pay attention to the flow of your natural breath. As you inhale think “I am.” As you exhale think “relaxed.”