



DAILY ACTIVATION

Movement 3 min of Shaking

Lie flat on your back, arms and legs in the air and shake vigorously. Work on keeping the joints loose, while moving the limbs. You can also stand and shake with arms over the head.

-Shaking, health series, and any of the Breath Work can also be done any time throughout the day for a boost in mental & physical energy

Stretch Pose 3x 15 Sec

Lie on your back flat, relaxed. Inhale deeply and hold the breath, then raise & tuck your chin into your chest lifting your legs 1-2 inches off the ground, legs together and toes pointed. Reach your arms forward, stretching with your palms facing your thighs or over them facing down. Do 3 sets of 15 seconds as you work towards increasing time and number of rounds.

Breath Work

Three Point Breath 5min

- a) Inhale through the nose to the count of 5-8 sec (working up to a max of 20)
- b) Hold for the same count, staying relaxed
- c) Exhale slowly for the same count. Make sure there is stress in any of the three parts.

Mudra: Hands are in “Middle Pillar”, 8-12 inches apart in front of the solar plexus, creating a healing space between your hands. You can visualize yourself or others between your hands sending love and healing energy. When you’ve finished, inhale deep, reach the arms above the head, palms face out, exhale and sweep the arms down.

Sit In Silence...