

Breathe Through Change

A 20 minute seated practice to gently stretch and breathe, finding peace and equanimity on even the hardest days!

*All poses for 5 breaths, unless otherwise noted

Begin by connecting to your breath:

- Sit up tall, legs uncrossed, feet on the floor. Allow the shoulders to fall away from the ears and tuck the chin slightly to feel the crown rising to the sky.
- Close your eyes and bring your attention to your breath, noticing how you're breathing in this moment.
- Intentionally start to deepen your breath, inhaling deeply into your belly and exhaling fully from the belly.
- Continue for at least 5 deep belly breaths.

Sun Breath

This dynamic stretch lifts the rib cage, allowing for a deeper breath. It also stretches the chest, which is typically contracted into a protective posture when anxiety is present.



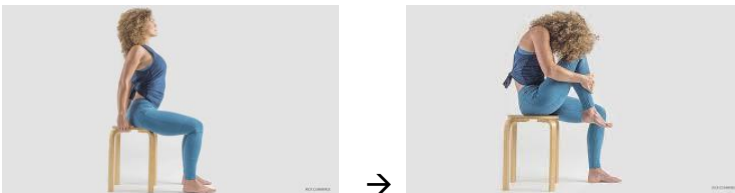
BONUS: Cat-Cow (add this pose if you have more time!)

This exercise wakes up and opens the whole spine and the back muscles.



Alternate Knee Bend to Cobra

This powerful cousin to Cat Cow helps to loosen the spine, massage and squeeze out tension in the abdominal area, and facilitate a deeper exhale that calms the nervous system.



Alternate Sun Breath Twists

Twists stretch the muscles in the back and "squeeze out" internal organs, which is good for digestion



Remember: this is your time, so take authority of your practice by using any modifications that your body needs!

Sun Fold Flow, 1 minute → Release the arms to the floor and hold the fold

The rhythmic movement calms the amygdala—the brain structure that can be hyperalert to potential threats. The fold stretches the hips, back and shoulders.



Lateral Neck Stretch, both sides

This simple stretch releases the trapezius muscles in the sides of the neck, relieving tension and easing pain.



Neck Stretch & Massage

This stretches the muscles along the back of the neck connecting to the skull. Add a little massage along the back of the neck and the jaw for a great tension tamer!



Ujjayi Pranayama (Ocean Breath)



- Sit up tall and bring your attention back to your breath. Deep inhale through the nose...full exhale through the nose. Take a few rounds of long, slow, deep breath.
- Bring your attention to your throat. With your next inhale slightly constrict the back of your throat.
- On the exhale open your mouth and pretend like you're fogging up a mirror. Take one more round like this. Constrict your throat as you inhale through your nose...and pretend to fog the mirror as you exhale through an open mouth.

-Inhale through your nose again, constricting your throat...and this time keep your lips sealed as you exhale through your nose, still pretending to fog a mirror. The breath will sound like an ocean wave...woosh.

-Inhale with a constricted throat and imagine the ocean pulling away from the shore...Exhale through your nose and imagine the ocean wooshing back to shore. Good! Continue on your own for another 2 minutes, or as long as you like...

...Take one more round of breath...and after the next wave, go back to your long, slow deep breath. Sit and breathe quietly for a few more moments. Allow yourself to enjoy this moment of quiet, and just breathe.