

ARE YOU BREATHING?

A faint, light blue silhouette of a person in a yoga pose, possibly a standing balance pose, is visible in the background behind the main title and subtitle.

QUICK TIPS FOR FINDING YOUR BREATH &
LETTING GO

Notice

Are you breathing? Are you holding your breath? Where are you breathing from?

Where is the tension in your body?

What is the context you're in? Work? Rest? Stress?

Let it Go

Let the tension go slightly wherever you find it.

Place hands on your lower belly- breathe from there.

The breath is 3 dimensional including towards the front, sides & pelvic floor.

Practice

Check in every few hours daily or with a repeated activity like hand washing.

Avoid self judgement or critique. What you do now is more than you were doing!