

Practice BODY-FIRST STILLNESS

1

Relax

Shoulders
drop from
your ears.

2

Unclench

Release the
tension in
your face.

3

Release

Palms down.
Release
what isn't
needed.

4

Open

Palms up.
I am
available.

5

Breathe

Slow in.
Slower out.
Just sit.

