

BREATHE



INHALE Exhale

Soothing

Natural Rhythms

Belly

See where you notice the breath in the body
Movement in RIBCAGE.

LIVE

Allow the air to come in and out

Wave

OXYGENATE

Feel the breath.

Flow lengthen

Naturally

BE PRESENT
Belly
Yield
Nostrils

No forced breathing

life force

expand

You know how pulse/life

breathe into

DIAPHRAGM!

Prana

Open

ABSORB
EXPEL

GROUND

Stable base

EARTH

Footprint.

FEEL YOUR FEET

Toes

SINK

Feet

Weight
Dropping.

Root

Base

Bones

COME INTO YOUR
BODY

SOLID

STABILISE

Heavy weight

Grow roots

COME TO EARTH

ANCHOR!

Yield

Spread

Feel held

gravity

Centre

Simplicity give in

Feel the weight
through...

Contact
Response

RELEASE

LET IT GO

Rest

Freedom

Relax

Lengthen
Unravel

unfold

Let go!

Lengthen

Undo tension

UNTANGLE

let it hang. FLOPPY

Breathe out.

LENGTHEN
LET everything
go

Heavy

Chill

LENGTHEN

Soften

Loosen

yield

LIBERATE

Pause

GIVE IN!

UNRAVE

Spread

Melt

Just be

OCCUPY
THE
SPACE