



Nourish & Nurture: Gentle Breath & Movement Mini-Practice

A simple, soul-soothing practice to help you pause, reconnect, and realign - mind, body, and spirit. Use this anytime during the holiday season when you feel rushed, overwhelmed, or disconnected.

1. Grounding Breath (2 Minutes)

Sit or stand comfortably with your feet grounded.

- Inhale slowly through your nose for a count of 4.
- Hold gently for a count of 2.
- Exhale through your mouth for a count of 6.

Repeat for 4–6 rounds. Feel the shoulders soften and the heart settle.

2. Gentle Heart-Opening Stretch (1–2 Minutes)

- Roll your shoulders up toward your ears, then slowly down your back.
- Interlace hands behind you and gently lift your chest.
- Take 3 slow breaths here.
- Release and place one hand over your heart.
- Notice what is present in your body with kindness.

3. Return to Presence (1 Minute)

Place both hands over your heart and speak softly: *"I am safe. I am held. I am guided. I can move gently through this moment."*

Let your breath anchor you back to peace.
You were created to flourish - even in the busy seasons.