

CHAOS TO CALM

3: SHAKE IT OFF

PRACTICE

Stand and shake it out. Start with the hands only, do the feet one at a time (holding a bench or chair for stability), bring the rest of the body in if/ when you feel ready to.

BREATHE

Let it go breath: Inhale nose, exhale from the mouth with a sigh.

DO

Bounce gently on the balls of your feet, letting the body loosen.

THE BAREFOOT SALT GYPSY

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