

# CHAOS TO CALM

## 8: CELEBRATE THE CALM

### PRACTICE

Light a candle or turn on a soft lamp, smile at/to yourself, say: “I showed up.”

### BREATHE

Gratitude breath: inhale, think of something you're grateful for; exhale, whisper thank you.

### DO

Raise arms overhead, together or one at a time in a big stretch, then bring hands to heart, belly or surface, with a bow.

THE BAREFOOT SALT GYPSY

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