

CHAOS TO CALM

6: CALM THROUGH CONNECTION

PRACTICE

Ground by being barefoot, with socks or soft shoes. Feel the floor or earth under your feet. Notice for 1 minute.

BREATHE

As you breathe in, imagine you are breathing white, gold or silver light, as you breathe out, imagine it surrounding you.

DO

As you ground to the earth, give your shoulders a slow roll back to open space for the breath

THE BAREFOOT SALT GYPSY

www.thebarefootsaltgypsy.com