

CHAOS TO CALM

7: ENERGY RESET

PRACTICE

Brush your hands down just outside your body (without touching) head-to-toe as if sweeping off dust.

BREATHE

Quick cleansing breath: inhale slowly through the nose, exhale fast from the mouth (2 - 3 rounds)

DO

Forward fold, let arms dangle, then slowly roll back up. Hold the back of a steady chair or a bench for stability.

THE BAREFOOT SALT GYPSY

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