

CHAOS TO CALM

5: MINI MEDITATION (EYES OPEN)

PRACTICE

Notice 3 things you see, 3 hear, 3 feel.

BREATHE

Soft breathing with a gentle count of 4 in, 4 out.

DO

Rotate the wrists and ankles and look up and down
and from left to right.

THE BAREFOOT SALT GYPSY

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