



TWO FEET, 1 BREATH...



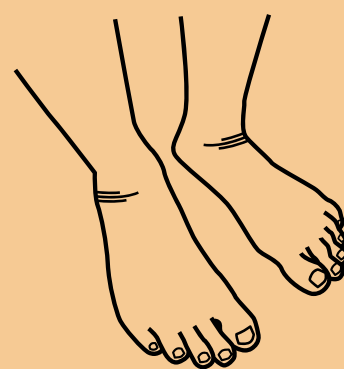
This simple tool can help you feel present



NOTICE...

your two feet on the ground.

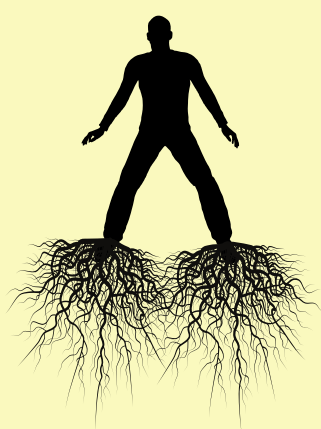
1



FEEL....

the ground. Feel your feet or connection to the ground, under you. Feel the weight of your body dropping into the ground, through your feet or connection to the ground.

2



ADJUST...

If you don't stand on two feet, then notice whatever part of your body is connecting you to your furniture or the ground.

3



BREATHE IN...

and imagine that breath starts in your feet (or seated body) and travels all the way to the top of your head.

4



BREATHE OUT...

and imagine that your out-breath goes all the way down and out through your feet (or seated body).

5



6



REFLECT & PRACTICE...

this throughout your day, during transitions or any time you need to pause.