



Hey, Warrior.

We know times are tough right now. We want you to know there is a community behind you, cheering you on, through the wild and worry we are living through. We will offer weekly tools to help you tap into your own resilience.

Our wellness package is intended for a diverse array of individuals and communities. In order to support this diverse set of interests and needs we've included several different techniques below - hoping that one will resonate with you. Please take what serves you and leave the rest behind. Please seek additional support as needed - this should be used as a complementary tool to professional mental health services.

TO SHINE

Brain Wash Series

Introduction

Welcome to the brain wash series! This series uses powerful tools such as movement, breath, and meditation to fuel a state in your body. The final practice will be to do an internal shine. First off, HUGE congratulations for making it all the way to the end of this series. Together, we will do a flow to celebrate all the work you have done to get here! We will also use your breath and movement to fuel our desires, passions and dreams.

I recommend you do the series practices in sequential order for maximum benefit, but these practices do all stand alone. You can use all the tools or only some. You know what works best for you - you always have. Let's shine together!

Move

A 30 min yoga practice with Sylvie. Practice includes seated, kneeling and standing postures.

<https://youtu.be/gYXqgJI9AIU>

Meditate

You can now join a FREE weekly live online meditation with Ambrose. No preregistration or equipment required, just show up. :)

<https://us02web.zoom.us/j/89901922145?pwd=T2VrMFg3WkpHSmhkQXBUEk3L1F5Zz09>

Breathing Technique

Nadi Shodhana (also known as alternate nostril breathing) is a technique where we isolate the inhale and exhale one nostril at a time. In yogic philosophy, it is recommended to be practiced



daily and ideally in the morning. To perform Nadi Shodhana, begin to take slow full inhales and exhales through your nose. Allow your left hand to rest on your knee, option to place your palm up with index and thumb touching (Jnana Mudra).

With your right hand, place your thumb on your right nostril and pink finger on your left. You can fold the rest of your fingers or place them on the space between your eyebrows. Inhale both nostrils fully, block the right nostril with your right thumb and exhale out of the left nostril. Inhale slowly through the left nostril and then block the left nostril with the pinky finger release the thumb on the right nostril, allowing to exhale fully from the right nostril. Inhale slowly and fully from the right nostril, block the right nostril and release the left nostril exhaling through it. This completes one cycle of Nadi Shodhana. Helpful tip - blow your nose before starting this breathing practice.

Mindfulness Challenge

Take a moment to isolate how you will feel once you have “achieved” your dreams (ex-energized, confident, capable). As you move throughout your day, notice if you can “show up” differently in your routine tasks. Can you feel your desired feeling ahead of the achievement?

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