



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.*

### **A Few Words**

“Stop acting so small. You are the universe in ecstatic motion.”  
— Rumi

### **Buddhist Abdominal Breathing**

(5-10 minutes)

Our daily way of breathing is shallow and constricted. Stress, anxiety, poor posture, habit, depression, exhaustion all take a toll on our breath and limit it from being as powerful as it has the potential to be. We stifle our abilities by clamping down on our diaphragm and keeping ourselves still and drawn in even on an inhale. We are hiding ourselves in a tough outershell that pinches and locks us up tight. For this breath, find a comfortable place to sit or lie down in. Either position is perfectly fine. This is not a time to fight your body but be as comfortable as possible.

Put one hand on your chest and the other on your belly. As you inhale let your diaphragm pull down for your lungs to fill and your stomach expand out like a balloon. The hand on your chest should remain still, but the hand on your stomach should rise up. As you exhale, let our stomach sink down and your diaphragm rise up. Repeat for 5-10 minutes, or longer, as your time allows.

### **Guided Imagery Meditation**

As the Sage Rumi wrote, “Stop acting so small. You are the universe in ecstatic motion.” We can regain the awareness of our ecstatic motion and re-learn how to live and move. These videos are designed to bring the body and mind back to a working equilibrium for health and wellbeing. The approach is a fusion between Chinese Qigong, Japanese Zen Buddhism, and Western Guided Imagery. The only thing required is a spot with limited distractions.

Achieving Lightness- 16 Minute Video: <https://youtu.be/Y-i8eIBRuxA>

**DISCLAIMER OF LIABILITY:**



The multimedia information contained in this Wellness Package (the "Video Content") has been made available for informational and educational purposes only. Warrior Yoga Network does not make any representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the Video Content.

The Video Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or seen on the Site.

Warrior Yoga Network hereby disclaims any and all liability to any party for any direct, indirect, implied, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of the Video Content, which is provided as is, and without warranties.

In consideration of use of the Video Content, you hereby agree to indemnify and hold harmless Warrior Yoga Network and its officers, directors, shareholders, members, employees, and agents, and their respective successors and assigns, against any loss, liability, damage, cause of action, cost, or expense of any nature whatsoever, including without limitation reasonable attorneys' fees and other legal costs.