

# Breath Check-in

→ B A S I C S ←

▲ Connect <sup>with your</sup> foundation

LENGTHEN UP TALL ↑

soft jaw, neck, & shoulders

notice your breath

DOES YOUR BREATH FEEL...

fast

-OR-

slow

shallow



-OR-

deep

smooth

-OR-

jagged

Does your breath carry any  sounds  or  emotions  with it?

Where is your breath moving <sup>in your</sup> body?

♥ TAKE 10 FULL BREATHS ♥

Notice how you feel...  
no right or wrong,  
just observation with love

Repeat  
Often\*