

Calm the Chaos Collection

1

Up & Down Breathing



 Tips

This can be practiced almost anywhere! At your desk, on the lounge, at the traffic lights even while waiting in a queue!

2

Gentle Twist



 Tips

Good staple of mine. Ideal for first thing in the morning before rolling out of bed, after a long day at work or gardening.

3

Starfish Breath



 Tips

Useful for those times you may be feeling anxious. For example, while sitting in your doctor's waiting room or after a stressful situation.

4

Spine Salute



 Tips

Great first thing in the morning, waiting for kettle to boil, at work in your office, on the beach or as a warmup before vigorous activities.

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5

Recline, Relax & Breathe



Helpful to practice in the evening before bed or when you get home from a big day.

6

Progressive Muscle Relaxation



BED is a key word here. Great before going to bed, if you wake up in the night. It is also great before meditation!

7

Alternate Nostril Breathing



Need to quickly refocus and switch tasks? Even before a job interview, exam or important meeting. This is a goodie!

