

1BODY

the 5-minute calm

a simple approach.
a lifetime of difference.



check your shoulders

Are they up around your ears, working overtime to hold up the weight of the world? Or are they relaxed and free of tension?



take a full breath

Allow your shoulders to be relaxed and heavy as you inhale. Let them relax and hang freely from your spine.



let it all out

As you exhale, feel your shoulders slide down your back. Imagine them slipping into your back pockets.



focus & breathe

Focus on the rhythm of your breath, allowing your shoulders to move as described above. Do this practice for several minutes.

notice the difference

With this simple practice, you've quieted your mind and relaxed your body. Use the practice throughout your day to stay connected to increased calm.