


WILDLINGS ireLAND - BREATHE & RELAX

 @WILDLINGS_IreLAND_YOGA



RELAXATION TECHNIQUE

CHOOSE A FOCUS POINT

A SNOW GLOBE, SAND TIMER, SAND ART, CANDLE, LAVA LAMP, CALM JAR, ETC.

FIND A QUIET SPACE.

TAKE A DEEP INHALE, DEEP EXHALE.

FOCUS ON THE MOVEMENT OF YOUR CHOSEN FOCAL POINT.

HOW DO YOU FEEL WATCHING YOUR OBJECT?

NOTICE THE COLOURS/TEXTURES/MOVEMENT.

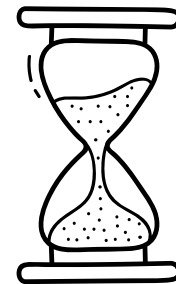
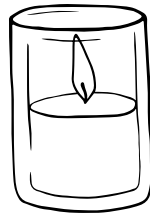
IS THE MOVEMENT SLOW OR FAST?

TAKE A LONG SLOW INHALE & A LONG SLOW EXHALE.

THOUGHTS WILL COME. NOTICE THEM & LET THEM GO.

COME BACK TO OBJECT OF FOCUS.

REPEAT.



CALM JAR RECIPE

1. BOIL WATER IN THE KETTLE & LEAVE TO COOL
2. WASH OUT AN OLD JAR /BOTTLE
3. FILL HALF OF JAR/BOTTLE WITH COOLED WATER
4. FILL OTHER HALF WITH CLEAR GLUE
5. ADD 1-2 TEASPOONS GLITTER (BIODEGRADABLE GLITTER IF POSSIBLE)
6. GLUE THE LID TO AVOID LEAKING/SPILLING

SHAKE & WATCH SETTLE WHEN YOU NEED TO FEEL CALM

(YOU CAN ALSO USE A SNOW GLOBE/SAND TIMER/LAVA LAMP/SAND ART)



TAKE NOTE OF HOW YOU FEEL BEFORE YOU USE YOUR CALM JAR. TAKE NOTE OF HOW YOU FEEL AFTER & HOW IT DIFFERS TO HOW YOU FELT BEFORE.

**BOOK
RECOMMENDATION**

Namaste