

How to



Start Your Day

Introducing movement and mindfulness into your daily morning routine can positively impact mind and body, helping start your day in a better way.

Use my **TOP 5 TIPS** to help you build good mornings.



Awake and Connect

Awake and take a few minutes to connect to your body. Feel into which parts need stretching and moving, and which parts need a more gentle, slow approach.



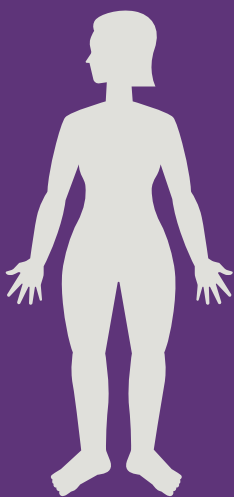
Breath is Best

Next connect to your breath and observe its natural flow for a minute or so. Follow this with 2-3 deeper breaths in and slower breaths out through the nose. Return the breath back to its normal rhythm.



Movement Matters

Once you have connected to body and breath, use simple movements throughout the body, being careful to work within your comfort and capacity. You can move whilst seated or standing.



Shake It Out!

Starting with the hands, then shoulders, torso, legs and feet - shake it out. Shake all parts of the body and use as much movement and space as you need. Let the body move freely.



Observe How You Feel

Once you have finished shaking it out, come to stillness, whether sitting or standing. Observe how your body and mind now feel. See if anything arises that you want to note down to help guide your day.