

CREATING SPACE TO FLOW

Three simple techniques to reduce stress,
anxiety and overwhelm right now ... plus
a bonus meditation you can do with your
children to help them relax.

space to flow

Be easy,
take your time,
you are coming
home
to yourself.

Nayyirah Waheed

Four Part Breathing

This breathing technique is extremely useful to activate the parasympathetic nervous system and return us to a state of balance and calm.

STEP 1

Sit comfortably, with a tall spine and eyes closed. Place your right hand on your abdomen (just above the belly button) and your left hand on your chest.

STEP 2

Inhale slowly through the nose for a count of four. As you breathe in you should feel your stomach expand first, then your chest.

STEP 3

Hold your breath for a count of four.

STEP 4

Exhale slowly for a count of four. As you exhale the chest should deflate first, followed by the stomach.

STEP 5

Hold your breath for a count of four and continue the process.

You can do this for 3 to 5 minutes.

The Mindful Stop

This practice is a way of pausing and physically catching your breath throughout the day. It is a quick and simple way to remember to connect with yourself, which creates greater potential for presence and wisdom in daily life.



STEPS TO PRACTICING THE MINDFUL STOP.

- S** Stop.
 - T** Take three mindful breaths, feeling the sensation of the breath flowing.
 - O** Observe the body, notice the tension and actively let it go.
 - P** Proceed with your day.
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Set an alarm on your phone to ring at four random times during the day with the word STOP. You could also write the word STOP on sticky notes and leave them in places you regularly see, such as the shower, the toilet, on your laptop, or in your car. When you see these reminders, pause for a few moments to practice the STOP exercise.

Alternate nostril breathing or *Nadi Sodhana*

This technique harmonises the two hemispheres of the brain, resulting in a balance in physical, mental and emotional well-being.

BEFORE YOU BEGIN

Sit in any comfortable seated position. Relax the body and breath naturally for a few moments, allowing your mind and body to settle.



Rest your left hand on your lap or knee.
Make a "peace sign" with your right hand:

- Fold the two extended fingers toward the palm or rest them lightly on the bridge of your nose.
- Place your thumb gently onto your right nostril.
- Place your ring and little fingers gently onto your left nostril

Close your eyes and begin by softly closing your right nostril (using your right thumb) and inhale slowly, deeply, smoothly, gently and without strain through your left nostril.

Close your left nostril (using your ring and little fingers) and release closure of your right. Exhale through your right nostril. Inhale through your right nostril.

Close your right nostril and release closure of your left. Exhale through your left nostril. This completes one round.

Continue the pattern for as long as you wish. When you are finished: relax both arms, sit and breathe naturally for a few moments before opening your eyes.

“You are the sky. Everything else is just the weather.” — Pema Chödrön

Waterfall Relaxation Meditation

You can read the following text slowly to help your child learn to relax.



A beautiful waterfall of white light is flowing down on you. It flows down on your head, helping your head to relax. You feel your head relaxing.

The waterfall of light moves down your neck and shoulders. Your neck and shoulders are relaxing and letting go of all the tension and stress they carry. Now the waterfall flows down over your arms. You feel your arms releasing, there is nothing for your arms to do.

The waterfall flows down your back. Your back is letting go and relaxing. The waterfall flows over your chest and stomach, helping your chest and stomach to release. You can feel your chest and stomach relax, letting go of anger, hurt and sadness.

The waterfall moves down over your legs and feet. You feel your legs and feet letting go and resting. The beautiful waterfall of white light is flowing over your whole body. You are peaceful and rested.

Just stay in the waterfall of light for a few moments, and feel how it releases and heals your body.

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We'd love for you to reach out. Please don't hesitate to email us at hello@spacetoflow.com to send us your enquiry. Find out more about our offering and community online.

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