

Welcome to...

The Pathway to Calmness, Clarity, Confidence & Connection!

Are you ready to start your 4 Day Journey?



Your Practical Pathway Begins...

Day 1

CALM

The Power of Presence & the Beauty of Breath

Day 2

CLEAR-MINDED

Seeing, Feeling &

Hearing
Clarity

Day 3

CONFIDENCE

Stepping into a
Confident
New You

Day 4

CONNECTION

Outside

Connecting on the Inside =
Connecting on the on the

BONUS DAY

WRAPPING IT ALL TOGETHER

Wrapping
everything
we've learned
into one
meaningful
day, week, month
and year.





What is in Store for YOU Today...

- An exercise in Being Present
- An exercise in Changing State
- Breathing into Calmness (4 Videos)
- Basics of Breathing
- Box Breath
- 4 Breaths
- Bottom to Top Breath





PRACTICING PRESENCE

PRESENCE means...

"the state or fact of existing, occurring, or being present in a place or thing" (Oxford)

In simple terms...

Being present is existing in THIS moment.

Being here, with me, right now....

And now.... And now....

And now...



PRACTICING PRESENCE

Being Present Looks like being AWARE of your Outside World & Inside World.

Being AWARE of the:

SMELLS around you

SOUNDS around you

IMAGES around you

FEELINGS/ENERGY around you

TASTE within you

MESSAGES within you

VISIONS within you

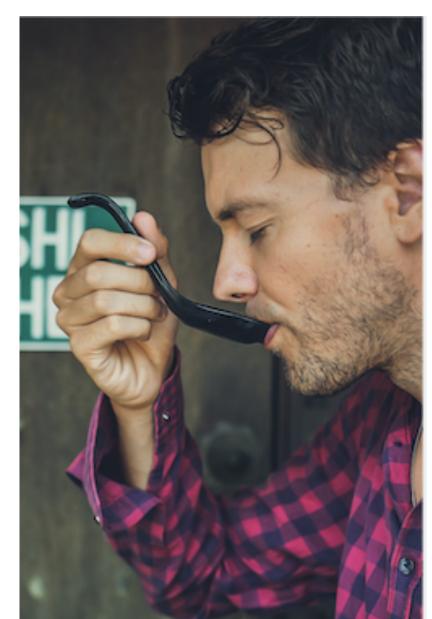
SENSATIONS/ENERGY within you



PUTTING PRESENCE INTO PRACTICE...

Exercise Steps:

- 1. Find 1 thing which you can either SMELL, TASTE, TOUCH, SEE or HEAR
- 2. Close your eyes
- 3. Breathe in and release slowly. Repeat 5x.
- 4. Slowly and Mindfully... Smell, Taste, Touch, Hear or Look Deeply At that thing you have chosen.
- 5. Continue to be present in this moment for 2 minutes (You can put on a timer if you'd like).
- 6. Do exercise again tomorrow & increase to 3 minutes
- 7. Every time you do this exercise, challenge yourself to be present for an extra minute longer



Be Present to the Array of Smells and Tastes



Stop to Smell the Flowers





SECTION TO N

MOTION changes our EMOTIONS

In other words....

ACTIONS change our EMOTIONAL STATE

in other words...

When we MOVE AWAY FROM emotion 'x' & MOVE TOWARDS state 'y'...

Chemical changes in our physiological body occur & emotions begin to shift



WHY IS THIS IMPORTANT?

- Stress, Anxiety, Overwhelm & Fear release a steroid hormone known as CORTISOL from the adrenal glands
- · Cortisol gets pumped into the blood stream, causing the "fight or flight" response
- If cortisol levels build up in the blood without release over a period of time, it can cause longterm damage including...
- A. Interference with memory and learning
- B. Weaker immune system function
- C. Increase in blood pressure and heart disease
- D. Higher risk of depression and mental illness



WHAT WE WANT TO FEEL INSTEAD:

Dopamine!!! Serotonin!!! Endorphins!!! Oxytocin!!!

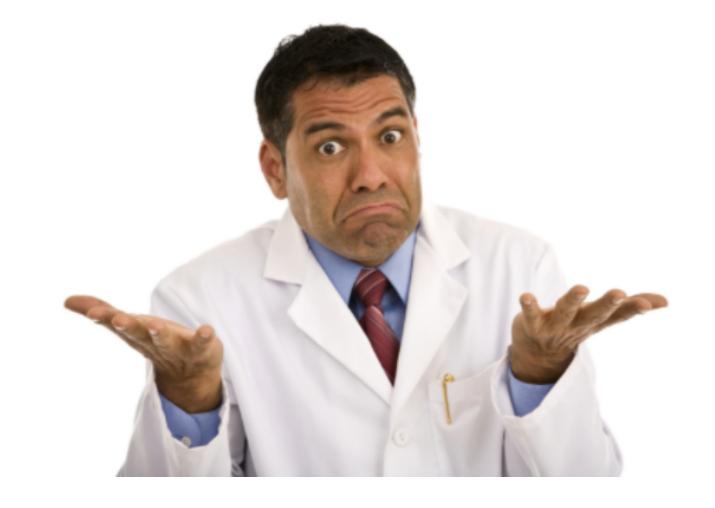
"FEEL GOOD" HORMONES!!!!

We can feel all these "feel good" hormones when....



WE CONSCIOUSLY CHANGE OUR STATE!

BUT HOW?





- 1. MUSIC! Play a song you love
- 2. MOVEMENT! Get your heart rate up: Exercise, Run around the block, do jumping jacks, dance
- 3. PROGRESSIVE MUSCLE RELAXATION (from bottom to top, slowly contract & release each muscle group in your body)
- 4. LAUGH! Look up a funny joke or comedic skit or simply start with faking laughter until it feels oddly real
- 5. CONNECT: Call a good friend (not to vent, but just to talk about anything else)
- 6. GET CREATIVE: draw, do art work, paint, write/journal, cook/bake, sky is the limit!
- 7. MEDITATE!
- 8. VISUALIZE how you would ideally like to feel. See it. hear it. Feel it. See yourself smiling, laughing, feeling light and at peace. Imagine whatever you wish for that can place you in an uplifting place
- 9. GRATITUDE! Think of 10 things you are grateful for. Write it down, say it out loud, put it in your phone, visualize it in your mind. Most importantly.... FEEL the sensation of gratitude!

The objective of all these activities is to Shift Your State & Boost Your Mood!





BREATHING INTO CALMNESS

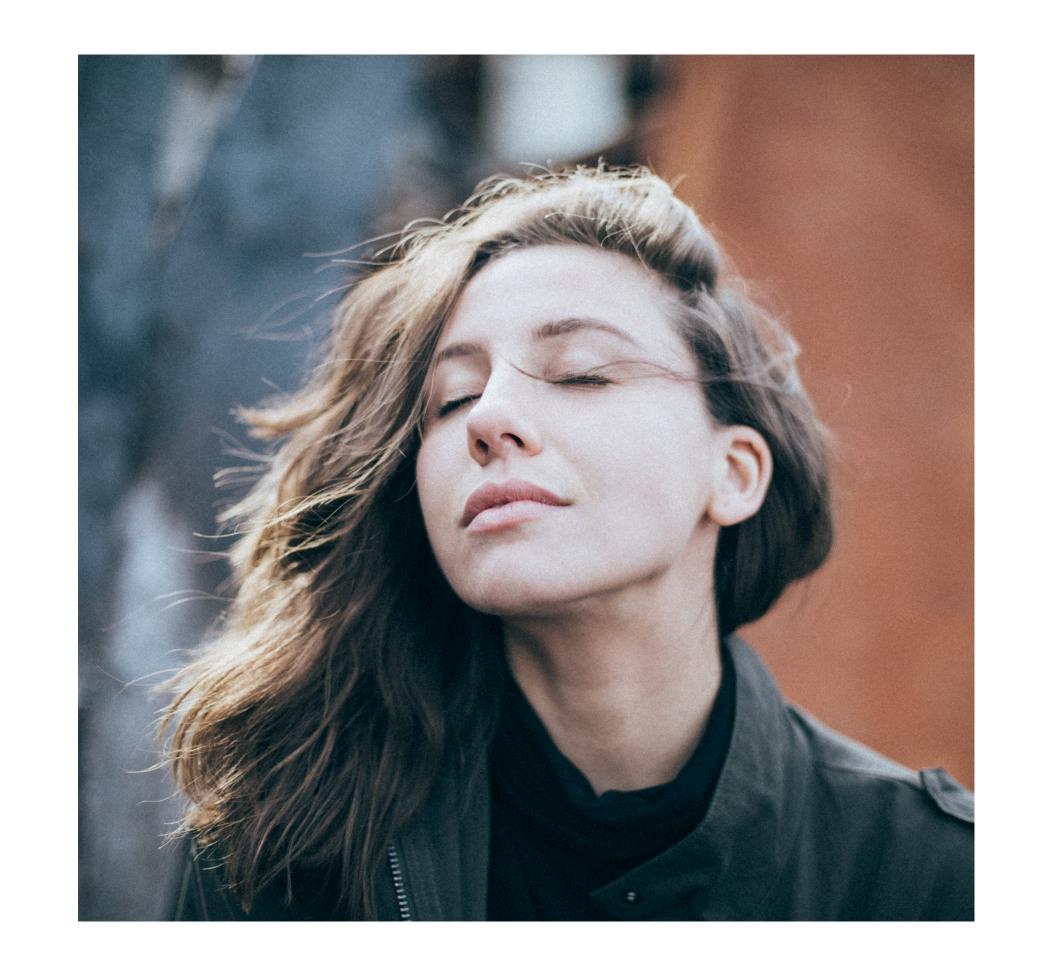
This Section includes

4 Mini Videos

on Various Breathing Techniques & Exercises
you can apply into your daily life in order
to feel a deep sense of relaxation and
CALM

in your mind and body

(see videos on platform)







G&A TIME

Please Post Any Questions, Comments, Insights or Breakthroughs you've had in the group!

We can all share and participate together as a community!

