

# Breath to Body Scan

Where does your body FEEL the stress today? Close your eyes & begin to quiet your mind by taking slow, deep breaths in & out to the count of 3 and tune in to where you may feel tension, resistance or pain as you breathe.

Use the breath in to mindfully connect to your body and use the breath out to relax and release any tension or tight muscles by focusing on sending the breath to that area. Imagine that the muscle is like a marshmallow that's being melted (so as to give my mind a focus tool)

This is a very useful technique to use daily before bed and even in the morning before you get out of bed.

A few minutes of intentional focused breath work will go a LONG way in your day!