

Relax and focus on your breath in the warmth of the sunshine

Start by taking a comfortable position, out in the sunshine. Close your eyes and rest your hands gently. Relax the neck and shoulders. And if there is any tightness here, do a few shoulder rolls. Gently lifting her shoulders up, back and down. Allow the area of the neck and shoulders to soften. Then place your focus on the breath. becoming still and allowing the breath to connect you to this moment. Breathing in and knowing that you are breathing in, in this very moment. Breathing out knowing you are breathing out in this very moment. Anchor your attention on your breath. Allowing it to be your *only* focus. So that everything else disappears. Every single breath should be a conscious one. Continue to do this for 3-5 minutes. Wiggle your fingers and toes and bring your attention back to your outdoor space.

My wish for you today: May you find time for self-care. May it bring peace and calm to your heart

