

Lauren Volante

Holding Center

Find your seat -
spine neutral
Eyes focused between the eyebrows
Hands; palms up or wisdom mudra.

Release w/ exhale
Create spaciousness w/ inhaled throughout
the body.

Counting breath at belly button
Release jaw ... 4 4... 1 release the
whole body. Release. Surrender & acceptance.

Awareness of breath
Coolness/warmth at the base of the
navel
Slow the breath down; elongate.
Release the technique and be open
to the after-effects.

Object of Beauty Technique
See it. Feel it. Sense it. Bring
it to the heart. Let our spirit return
to feeling of beauty. This centers us.
Exhale share this feeling w/ all
other beings who are sharing the
struggles.

Loving Kindness Blessings