

POSTURE – MINDFULNESS & ‘NATURAL FLOW’		
What is it	What to do	It feels like
1. BREATHING ‘NATURALLY’ CALMLY	BREATHING with a ‘naturally’ calmly ‘FLOW’ when standing ‘tall’ and playing with the correct posture.	→ NATURAL ‘FLOW’ → CALM BREATHING
2. CONNECTING TOES WITH HEAD TIP	FEELING a FLOWING connection between the top point of the HEAD and the TOES through a straight body posture. FEELING of the NECK & SPINE being ‘extended’ through the FLOWING of breathing calmly.	→ STANDING TALL → SPINE ‘FLOW’ & NECK EXTENDED
3. SWINGING FEET BALANCE	SWINGING the natural GRAVITY ‘FLOW’ of the body BALANCE shifting regularly from LEFT to RIGHT FOOT .	→ FEET SHIFTING BODY BALANCE → GRAVITY ‘FLOW’ CHANGING

IDENTIFY & SOLVE THE PROBLEM	
Don’t	Do
1. INTERRUPT BREETHING	1. BREATHE NATURALLY
2. MAKE YOUR BACK SHORT	2. ‘EXPAND’ YOUR BACK
3. STAND STIFF	3. CHANGE FOOT BALANCE

HAVE YOU LEARNED IT	ACTION WORDS / TASK
1. BREATHE ‘NATURALLY’ CALMLY	1. BREATHE ‘NORMALLY’ 2. CALM ‘BREATH FLOW’
2. CONNECT TOES WITH HEAD TIP	1. STAND TALL 2. ‘FEEL’ TALL 3. ‘FLOW’ THROUGH SPINE & NECK ‘EXTENDED’
3. SWING FEET BALANCE	1. SHIFT BODY BALANCE 2. CHANGE BODY GRAVITY / ‘FLOW’

REMEMBER
THE DETAIL
THE ACTION
THE FEELING