



FOR YOU



2 minutes micro-practice

**LISTEN TO
YOUR BODY**



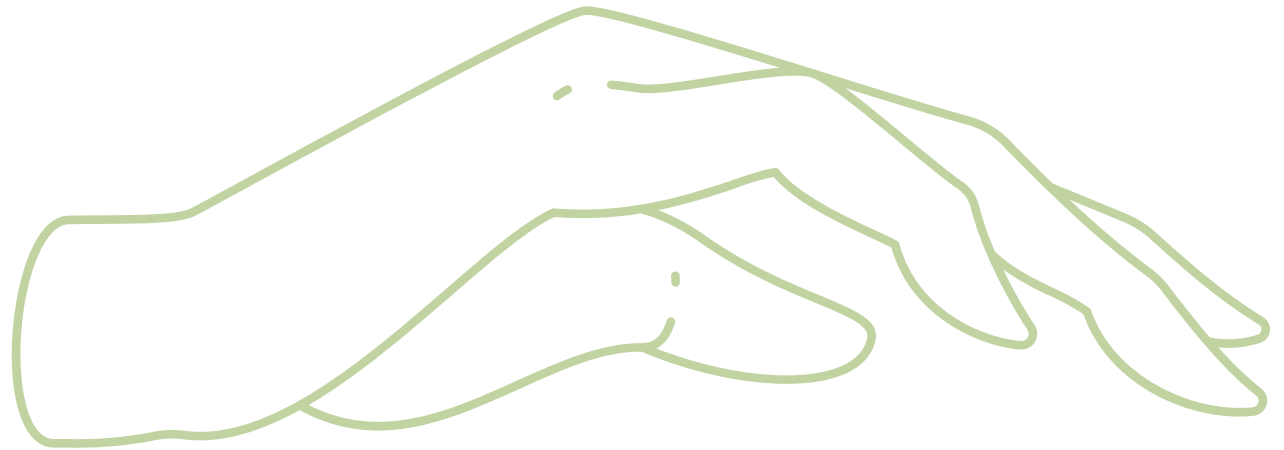
Stop.
Close your eyes.

Breathe in. Slowly.
For 4 seconds.

Breathe out.
For 6 seconds.
As to release a weight.



Bring your attention to the part of your body that feels “full”.



Put your hand on that part.

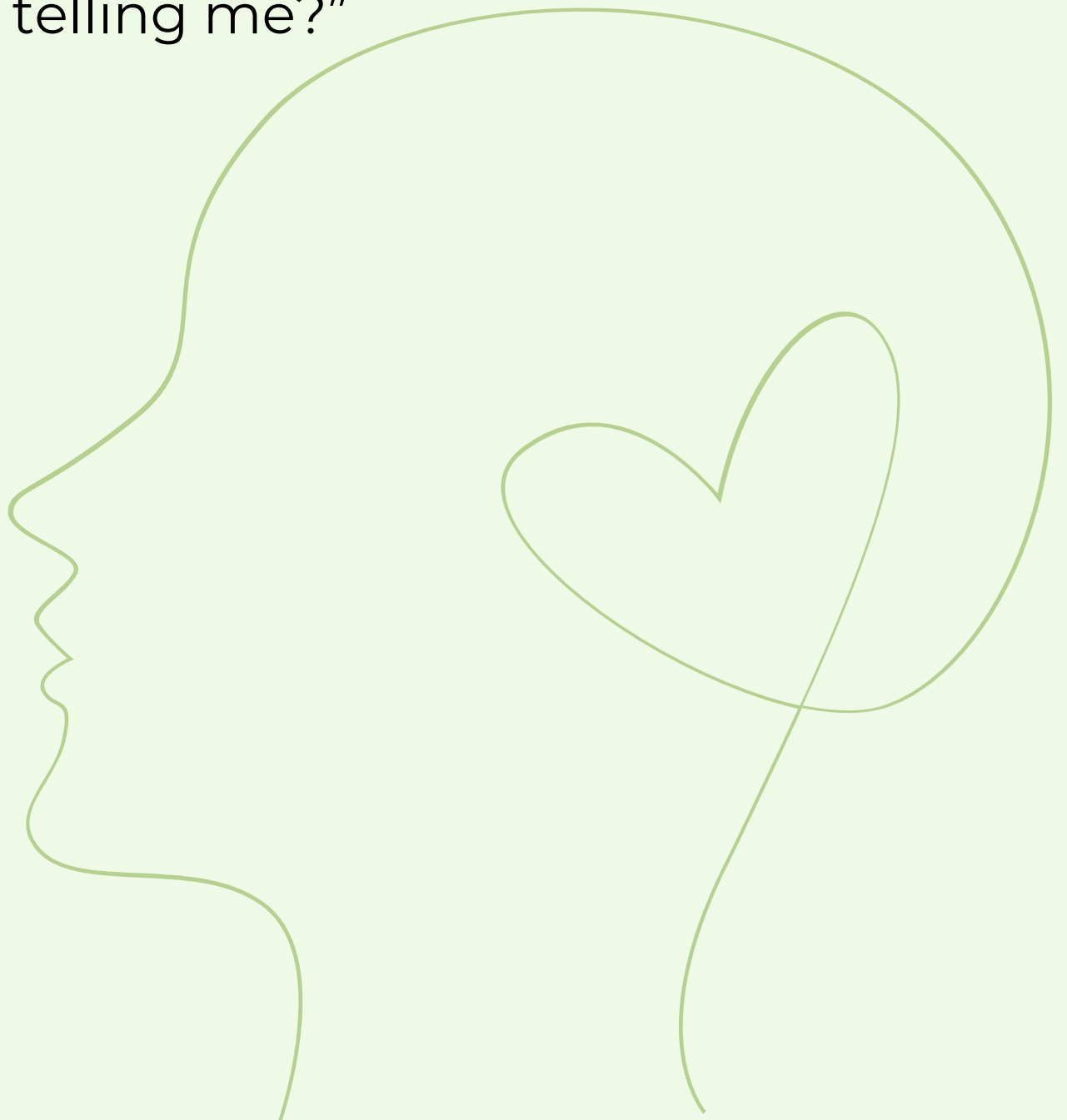


This is not to change any of it.
Just feel it.
Be in it.

And now, breathe. Exactly there.



Ask yourself
“What is this part telling me?”



Do not worry.
There are no right or wrong answers.

JUST LISTEN TO IT.