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FIVE ONE-MINUTE YOGA PRACTICES

ACCUMULATE CALM® THROUGH YOUR DAY



BREATHE CONSCIOUSLY.

DISCHARGE STRESS AND SUPPORT HEALING.

There are a variety of yogic breathing styles.
Step One: Inhale your breath DOWN into the belly,
and then elongate your exhale; let it go .

RELEASE NECK AND SHOULDER TENSION. THEN SHAKE IT OFF!

MAKE IT A HABIT TO DROP YOUR SHOULDERS.

Caring for others, juggling responsibilities, and sensing
the "world on your shoulders" creates physical tension.
Release your shoulders away from your ears-AAAh .



REVISE YOUR SELF-TALK.

YOUR INNER LANGUAGE MATTERS.

Delete the word "should" from your vocabulary. When
we "should" on ourselves and others, we set up
unreasonable expectations .

ASK FOR WHAT YOU NEED.

LESS STRESS, MORE SUPPORT.

Request at least one thing everyday in order to share
the load. Do you want extra time for a shower?
Someone to fold laundry? A cup of soup in silence?
Learn to ask for it.



EVERYTHING CHANGES.

SEE THE BLUE BEYOND THE CLOUDY SKIES.

Realize that what you are feeling now will change.
Some days are magical, some days not so much. Know
that the "weather of your mind" will clear.
Help is available!

[Want to learn more? Check out my best-selling
book and offerings! I'd love to meet you!
www.yogawithbonnie.com](http://WWW.YOGAWITHBONNIE.COM)