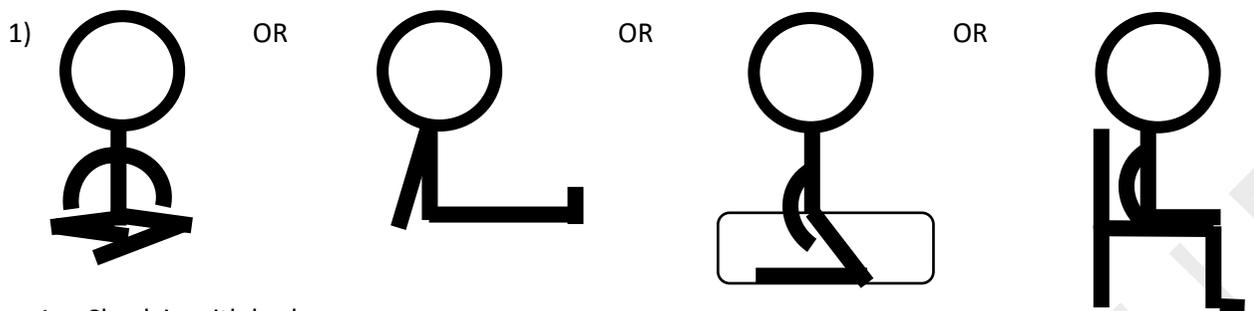
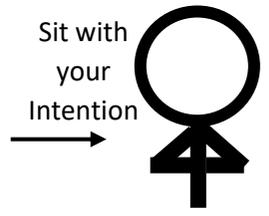
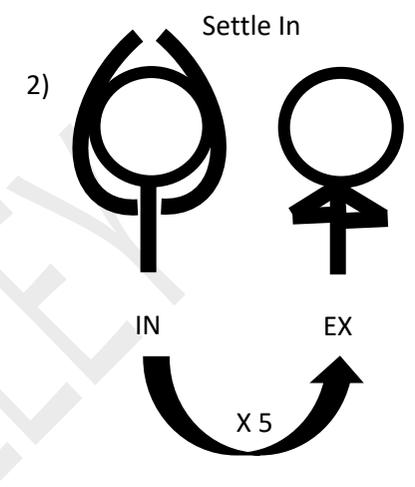


Move into a comfortable upright position

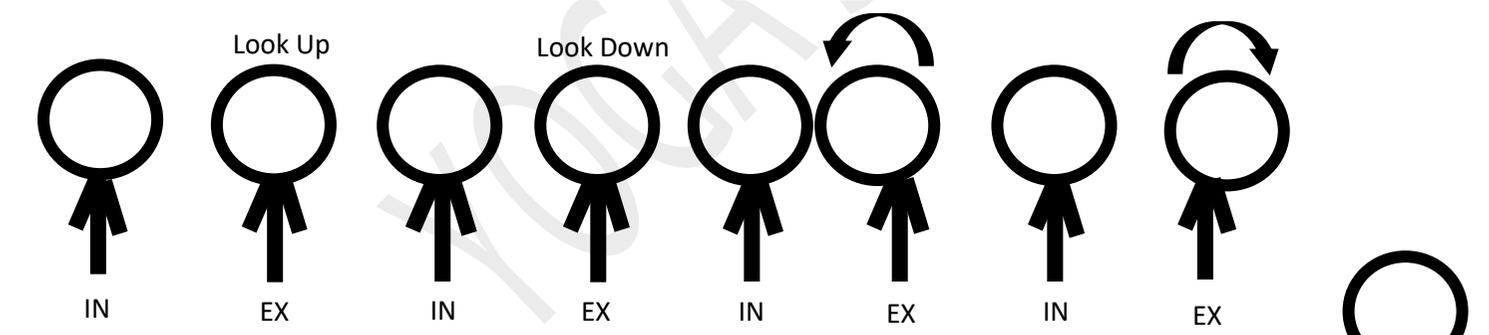
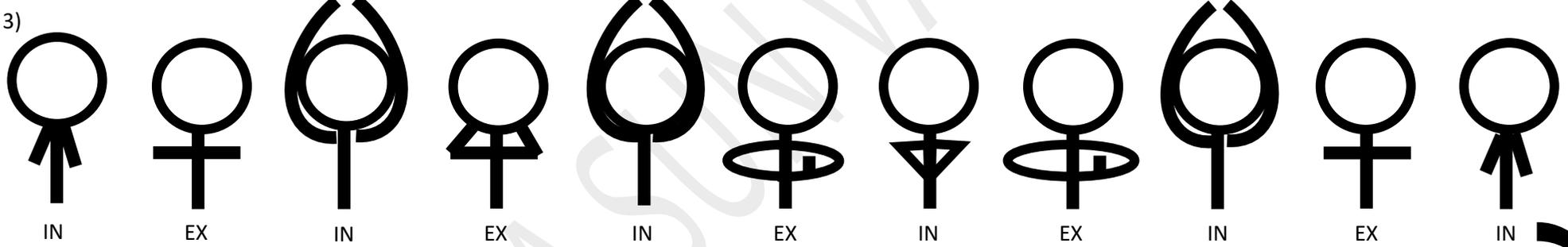


1. Check in with body
2. Check in with breath
3. Eyes open or closed



Visualise sense or feel that your intention has already happened. Is happening!

Seated sun salute x 6 rounds



EXHALE as you bring hands to heart space – refer back to intention at end of each round

- Stillness
- Breath Awareness
- Body Awareness
- RESTORE – INHALE LIGHT
- REPLENISH – EXHALE DISTRIBUTE

