



# Morning Reset

## Calm the Body, Clear The Mind

A brief mind-body reset with:  
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# Welcome

Welcome to a moment of calm.



Constant high alert  
takes a toll on your  
nervous system



Yin yoga slows things  
down, creates space to  
breathe



Just a few minutes of  
stillness can reset your  
body and mind

## Why Yin Yoga?



# What is Yin Yoga?

- Long-held, gentle floor poses
- Deeply relaxing and grounding
- Activates parasympathetic nervous system (rest + digest)

# Mantras: A Tool for Mental Clarity

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- Short, simple phrase repeated silently
- Helps focus the mind and ease stress
- Used with breath, on or off the mat



# Sample Mantras to Use Today

- "Inhale calm, exhale stress."
- "I am grounded."
- "Let go."
- "This moment is enough."



# Take It With You

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- Repeat in the car, between calls, or before a tough conversation
- Pairs easily with slow breathing
- One breath + one mantra = one moment of clarity

# Let's Begin the Practice





# Thank You for Making Space Today


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Stillness is strength

Mantras are tools you can use anytime

Small practices build lasting resilience



Carry your calm  
with you.

Stay grounded. Stay clear.