



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

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



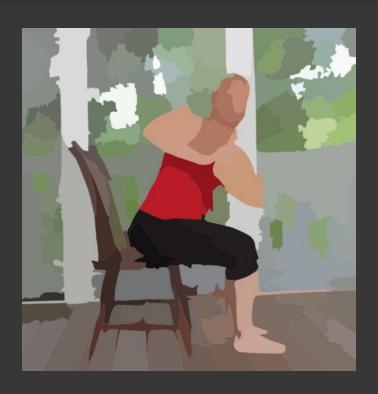
# Sample Mantras to Use Today

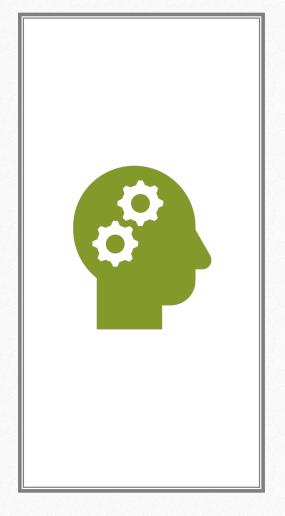
- "Inhale calm, exhale stress."
- "I am grounded."
- "Let go."
- "This moment is enough."

#### Take It With You

- 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



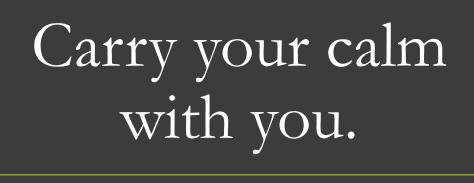


## Thank You for Making Space Today

Stillness is strength

Mantras are tools you can use anytime

Small practices build lasting resilience



Stay grounded. Stay clear.