

Virtual Vitality Practices

These practices are invitations to participate. Always listen to your body and mind and do what makes you comfortable.

3-2-1 Remix

Lower your gaze or close your eyes.

Please bring to mind: Three things you that love about yourself internally on the inside, about who you are and what makes you proud. This could be your intuition, wit, resilience or compassion for others.

Next, bring to mind: Two things you love about yourself externally on the outside, what brings you strength, what are you proud of? Such as your belly button, hands, skin tone or eyebrows. It could be anything you'd like. It's personal.

Lastly, name just one thing that you've been constantly thinking about doing, changing, gaining, fixing or losing that has yet to happen.

For now, in this moment simply put it down. That project that's been nagging at you. Let it go for this moment. That doesn't mean it's out of your life forever. It means you give yourself permission to take that load off and focus on what makes you feel uplifted in the present moment. You can choose to pick it up at another time.

At this moment you're letting it go of it, like a balloon!

Do you have it?

When you are finished, please take two deep breaths and return to your natural breathing pace.