

# Virtual Vitality Practices

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

## Centering Practice: “I am here, I have arrived”

Sit in a relaxed, comfortable position. If you'd like, close your eyes or lower your gaze. Just notice your breath—your inhale and exhale—and maybe where you feel your breath most prominently.

If you'd like, notice any physical sensations. Maybe there's a tingling or a tension, or any other physical sensation you may notice. And then notice any emotions you may be feeling. There may be multiple emotions at once. Simply notice, maybe naming what you find, and just being aware of whatever you find.

And if you'd like, on your inhale, say to yourself, “I am here,” and on your exhale, “I have arrived.” Repeat those phrases to yourself two or three more times, as you bring yourself into this space physically, emotionally and mentally, whatever that may be for you right now.

And then, whenever you feel ready, take two or three more breaths at your own pace, and then bring your attention back into the room.