



PREPARE TO PRACTICE SSFB

A minute to arrive in the body, before you rest the mind.

- **Shake**

Shake, bounce, and wiggle, and let out a hum or a sigh, to loosen the tension you are holding.

- **Settle**

Settle into a position that feels nourishing and supported, sitting, lying down, leaning, or standing. Forget perfect posture.

- **Face**

On each exhale, soften the face, the jaw, the forehead, the cheeks, and let the softness trickle down through the body.

- **Belly**

Rest a hand on the belly and breathe low and full, the belly rising on the breath in and falling on the breath out.