

## **GROUNDING BREATH SCRIPT**

Grounding Breath is a mindful movement and breathing exercise that combines deep, rhythmic breathing with fluid arm and leg motions to create a sense of grounding and balance.

**Here are the steps of the Energy Flow® Grounding Breath exercise:**

1. Stand with feet hip-width apart, grounding yourself through the soles of your feet.
2. Gently bend your knees, allowing your body to feel rooted yet relaxed.
3. Focus on your breath, taking slow, steady inhales and exhales.
4. Inhale and lift your arms to shoulder height, straightening your knees as your arms rise.
5. Exhale and lower your hands fluidly, bending your knees while staying rooted to the ground.
6. Continue repeating this movement, flowing in your own rhythm and breath.

### **Reflection questions:**

1. What did you notice about your balance and stability while performing the movement?
2. What changes do you notice in your body while doing the exercise?

3. What emotions or thoughts surfaced as you repeated the grounding breath movements?