

## **BREATH & MOVEMENT FLOW SCRIPT**

Breath and Movement Flow is a coordinated practice that combines mindful breathing with intentional physical movements to enhance both physical and mental well-being.

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

1. Stand/sit comfortably and focus on your breath.
2. As you inhale, gently raise your arms overhead or expand your chest.
3. As you exhale, soften your body by bringing your arms down or releasing the chest.
4. Continue this flow for several breaths, moving gently with your breath.
5. Let your body respond freely, noticing any areas of resistance or relaxation.
6. Repeat a few times at a pace that feels right for you.

### **Reflection questions:**

1. Were there any areas of resistance or tension in your body during the flow?
2. Did you notice any changes in your mental clarity or stress levels by the end of the exercise?
3. What changes did you notice in your energy or mood after completing the exercise?