

Easy Pose



**WELL
TOGETHER
NOW**



1. Bring your body into a seated, cross-legged position.
2. Rock side-to-side on your sit bones and come to center, spreading your weight evenly through your bottom.
3. Use your back and abdominal muscles to keep your upper body tall.
4. Roll your shoulders backward and place your hands on your thighs.
5. Keep your neck neutral, ears over shoulders, and chin parallel to the ground/floor.
6. Rest your hands on your knees with your palms up. (Optional: bring tips of Index and thumb together like making the "OK" sign.)
7. Take three deep breaths, then return to natural breathing.
8. Hold this position for X seconds. Close your eyes or use a focal point and repeat part or all of the mantra:

I AM AN EXPLORER, BECOMING MORE AWARE. SITTING TAKES EFFORT. YET, WITH PRACTICE, I'LL GET THERE.

-OR-

Use a strategy from the [Drop Your Anchor](#) practice. While you sit, anchor your attention on:

The Nose - Bring your attention to the tip of your nose where the air comes in and out. Use this place and the feeling of your breath in your nose as an anchor for X seconds.

The Belly - Bring your attention to your belly and notice how it moves as you breathe. Focus on the movement of your belly as an anchor for X seconds.

Words - Say these words in your mind to match your breath. Repeat "IN" when air comes into your body. Repeat "OUT" as air moves out of your body. Do this for X seconds.

Counting - Count silently. Start with 1 when you breathe in, and 2 as you breathe out. When you get to 10, start again at 1. Repeat this pattern until you hear the bell.

Modifications:

Sit on a pillow or a folded blanket/towel to raise the hips and make this position more accessible and comfortable given physical tightness.