# STOP DROP and Breathe

A 3-min breathwok practice to reset mind + body.

## HOW THE BREATHWORK CHALLENGE WORKS:

**Click here** to watch and learn the practice.
**Click here** to listen and learn the practice.
**Click here** to submit your log sheet and receive your PRIZE.

## STOP — STAND UP AND GET REALLY STILL

**MINUTE 1**

*Notice how stillness feels.*
*Count slowly to 60.*
**This helps to feel grounded and calm.**

## DROP — YOUR ATTENTION TO YOUR BODY

**MINUTE 2**

*Begin to notice any sensations in your body, your feet on the floor, your heart beating. Notice your breath, but don't change it in any way.*
**This helps to focus your attention.**

## Breathe — BEGIN SLOW, DEEP BREATHS

**MINUTE 3**

*With your mouth closed, inhale and slowly count to 5. Exhale and slowly count to 5. Repeat this 5 times, seeing if you can get a bit slower each round. Notice where your body begins to soften. Notice the energy your breath brings to your whole being.*
**This helps balance your nervous system.**

PRASADA

**The Infinite Center**
A Journey of Self-Discovery

## YOUR 30-DAY BREATHWORK CHALLENGE LOG SHEET

START DATE _____

Commit to the practice for 30 days in a row.
Put a ✓ for each day completed, like THIS!  ✓ 5

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |