Solunakēn

Somatic Breathwork

Missed the Move?

A quick breath practice to reset, refocus, and return to your plan.

1 

Inhale.
Inhale gently through your nose.

2 

Sip.
Take a small second sip of air.

3 

Exhale.
Exhale slowly through your mouth.

***Repeat 2–3 times**, or simply return to your natural breathing.*

Reflection

What am I feeling right now?
Does this next entry fit my plan and risk?



PAUSE • ORIENT • ACT