








HEARTFLOW BREATHING

To enjoy a state of calm to optimize your daily energy needs

Here is your **HeartFlow** breathing practice. Be sure to complete the below steps as prescribed below for the entire time you are in the *Unleash Your Energy* Workshop.

This is a critical step in the process and one that will provide immediate positive results if followed as outlined.

5 Steps to a great HeartFlow practice

-  **Step 1:** Notice a moment of stress
-  **Step 2:** In that moment, close your eyes (...NOT while driving :-)
-  **Step 3:** Place your hand on your heart and connect to your heart beating
-  **Step 4:** Take a 4 second even flow breath in through the nose and a 7 second even flow breath out through the nose. Repeat this for a total of 3 times.
-  **Step 5:** During every 7 second exhale, imagine & feel the one thing you're most grateful for right now.

HeartFlow breathing will reset your nervous system, creating a sense of calm throughout your mind and body. ***This sense of calm is the only result to look for at this time - NOTICE it, FEEL it, LIVE it!***

Add in a few tools as reminders to practice *HeartFlow* 3 times (or more) throughout your day. Many of our clients love to set a timer on their phones. I prefer using an elastic band on my wrist or a small symbolic token in my pocket that when I feel it, i'm reminded to go into *HeartFlow* breathing.

Please post inside the [Facebook Group](#) if you have any questions completing your daily **HeartFlow** breathing.

IMPORTANT: Your mind may not want you to do this. Be mindful of what it's saying and go into **HeartFlow** anyway!

In GREAT Health,
Adam