Child’s Pose

I AM SAFE

GROUNDING
Let your shoulders and hips rest toward the earth.

STRENGTH
Recharge your strength by resting. Rest now.
You are safe.

LISTENING
Feel your breath. In good times and tough times it’s always there for you.

STILLNESS
See if you can find stillness and safety inside.

COMMUNITY
To be present for others we need to take time for ourselves.

BREATH
Breathe in and out for three breaths.