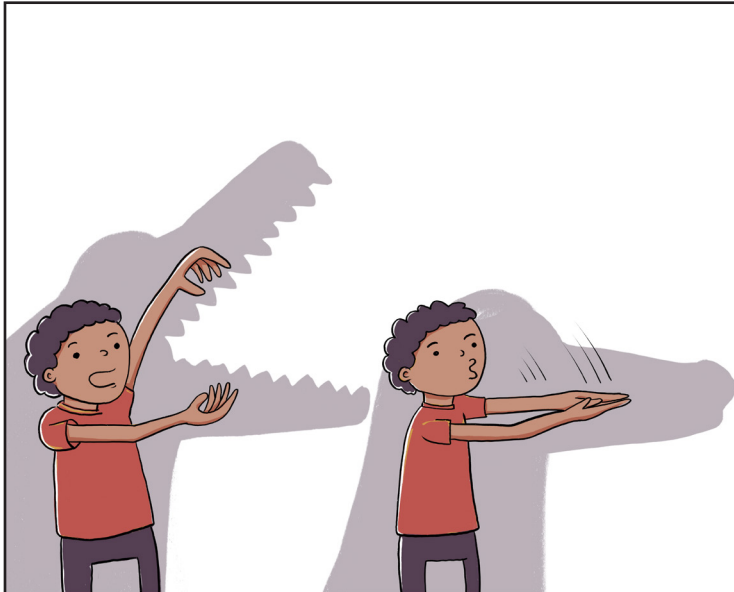




Virtual Vitality Practices

These practices are invitations to participate. Always listen to your body and mind and do what makes you comfortable.



Alligator Breathing

Hold your arms out like the jaws of an alligator. On the inbreath stretch your jaws open wide like a hungry alligator, and on the outbreath, snap them shut. Try a few of these, but remember to not bite your neighbor.

Hot Cocoa Breathing

Cup your hands like they are wrapped around a mug of warm hot chocolate. Breathe in slowly like you are smelling, blow out gently as if you are cooling off your hot chocolate, and maybe even cooling off your own hot emotions in a moment of frustration.

