

Virtual Vitality Practices

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

Grounding Practice

You may sit or stand, whatever works best for you in this moment:

Feel your feet right now. Are they on the floor or where are they? Simply direct your attention to your feet for this brief moment. Feel them wherever they are, on or against whatever surface or texture.

Now, notice that you are breathing. Perhaps notice this in your chest or against your back, maybe in your nostrils. Simply take a moment to notice that your body is breathing itself. That's it.