

# Tiny Movements



Discover how even the smallest, most gentle movements can bring calm and clarity to your day, helping you feel more connected to yourself.



## Gentle Stretches

Incorporate simple stretches throughout your day, like shoulder rolls, neck tilts, and wrist circles, to ease tension and promote relaxation.



## Mindful Breathing

Take a few moments to breathe deeply and intentionally, focusing on the sensations of your breath entering and leaving your body.



## Intentional Pauses

Make conscious pauses throughout your day, even for a few seconds, to check in with your body and your mind.



## Movement Breaks

Schedule short movement breaks into your day, even just 5 minutes, to get your body moving and improve circulation.



## Mindful Walks

Take a mindful walk, paying attention to your surroundings and the sensations of your body moving, leaving behind worries and stress.



## Connect & Calm

Even small moments of mindful movement can help you reconnect with your body, ease tension, and find greater clarity and peace.

**Breathe in. Move forward.**

