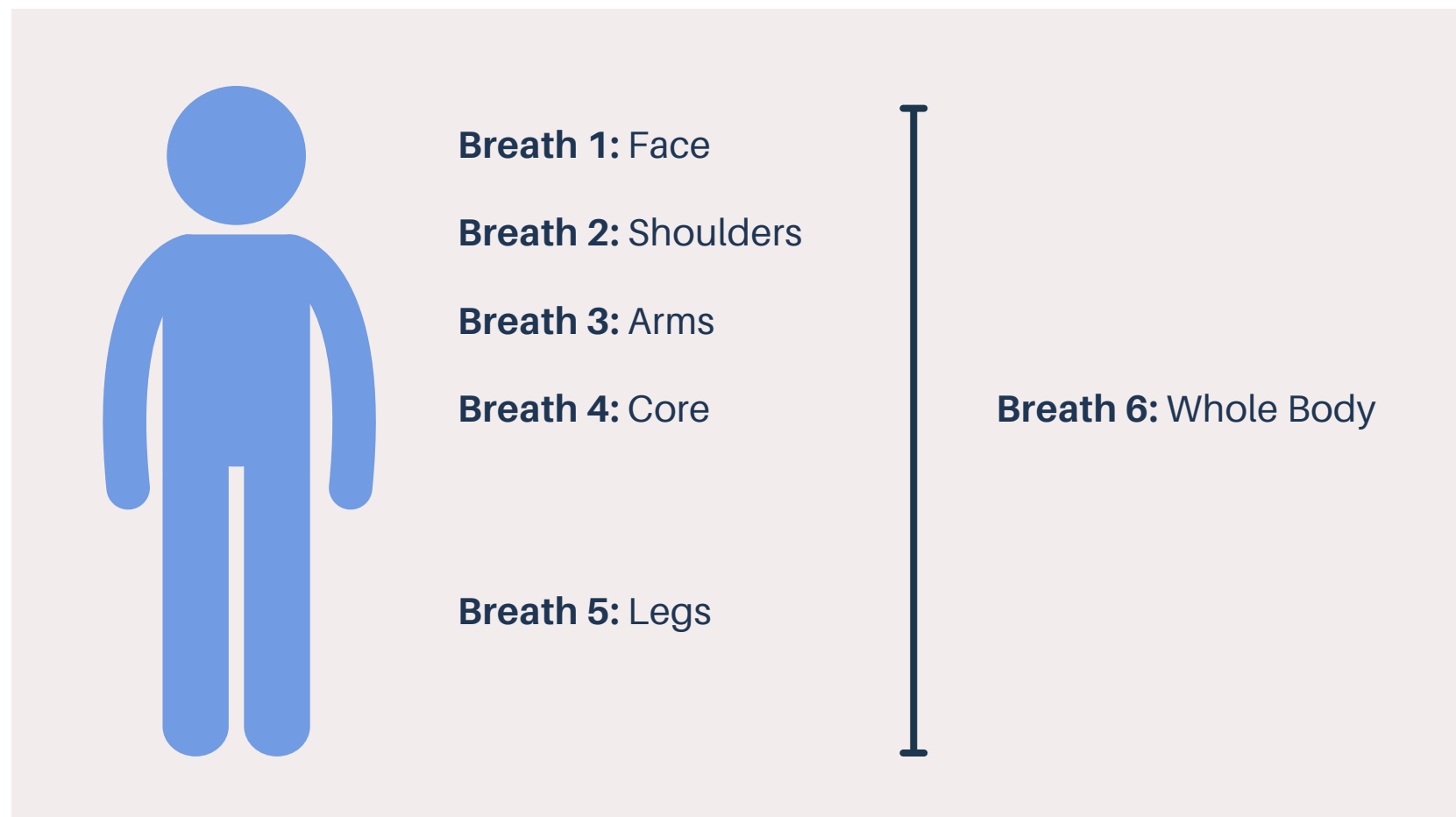


CALM CASCADE

1-2 minute practice to activate your parasympathetic (rest + digest) nervous system and induce the relaxation response in your body

HOW TO: Take 6 deep breaths while sequentially relaxing your body from head to toe.

- **Breath 1:** Inhale + bring awareness to your whole face; exhale + soften the muscles in your face.
- **Breath 2:** Inhale + bring awareness to your shoulders; exhale + soften the muscles in your shoulders.
- **Breaths 3-5:** Repeat the same process for your arms, core, and legs.
- **Breath 6:** inhale + bring awareness to your whole body; exhale + soften your whole body.



To listen to a guided audio version of this practice, [click here.](#)

