



# 5 Parts of the Day

Support your Day with Breathwork

The Five Parts of the Day invite educators and students to integrate breathwork into the natural flow of the day. Each mindful practice supports the body's systems, nurtures balance and focus, and helps create a learning environment where every mind and every body can thrive.



## Good Morning Wake-Up

- A morning wake-up practice, or a “Good Morning Wake-Up,” can gently awaken the mind and body from our slumber, making us more awake and alert.
- It asks us to check in with ourselves to make good choices.
- Our breathing taps us into our bodies energetically to become efficient throughout the day.
- Our breathwork practice sets the tone of our day, our mindset, and how we see and experience the world.



## Calm the Butterflies

- Tuning into our bodies through breathwork helps us become sensitive to how we are feeling.
- Understanding nuances within our feelings allows us to discern the truth of what we are experiencing. Our ability to become mindful and present is where we find a union of mind and body.
- Thoughts can trigger feelings in our bodies, and our breathwork practice can guide us from a state of dysregulation to a state of calm and peace, a regulated state within a matter of minutes.
- A continual practice means we get back to the peace quicker.





## Get Back in the Zone

- With practice, breathwork can help us slow down our minds and bodies and enable complete focus on our experience, allowing us to excel and succeed.
- When we operate from the premise that it's already happened, the brain only knows what we affirm as reality. Your speed and efficacy is enhanced through this journey of your breath.
- In Flow State, our brain frequency slows down allowing us to become one with whatever we do. Going with the flow, helps us to get back in the zone of our day.



## Seventh Inning Stretch

- Common in baseball and to anyone who has been seated for a while.
- It's important to stretch your legs. Stand up from a seated position to get the blood flow and energy back up to the brain.
- Breathing while you "stretch" can help stimulate your neurotransmitters and hormones to help wake you up and give you more energy to endure throughout your day happily.



## Leave It at the Door

- Non-clinging is a practice. Through this practice we learn to let go. We can learn to let go of the feeling of suffering – from hurtful comments, angry looks, or a low grade.
- We learn this through our practice of breathwork.
- Our inhales and exhales help us balance oxygen and carbon dioxide so our bodies feel energized and awake.
- Inhales can help us clear stuck thoughts and emotions and exhales can help us move beyond them so we feel more grounded and connected, enabling ourselves to let go and leave it at the door.

