



TIMELESS WISDOM AT WORK

BODY-CENTERED BREAKS (BCBs)

Our minds distort, mistaking imagination and the filter of memory for fact, constantly. This is the root of our problems with identity, engagement, alignment and relationship. But the body knows, it does not lie — and we must re-learn how to accurately interpret its language and intelligence. Body-Centered Breaks including Lean Back, Head Rest, Legs and Feet are drawn from inner martial arts, yoga, and the wonderful creativity of clients who have been doing BCBs daily for the last seven years. A body-centered break is done wherever you are, whenever you want for two minutes, no more, just two minutes in order to slow down your mind, and connect to deep bodily intelligence. Five BCBs a day for 90 days will ground you in your body and begin to create the experience of felt cognition which illuminates. Consistently, our clients share that BCB practice refreshes and allows them to manage their energy much more effectively throughout the day.

Inquiry

Where is your breath right now?

Right Action

Place you feet flat on floor when seated.

