

Calming the Chaotic Mind



When life gets busy and your mind feels overwhelmed, this mini Touch Yoga practice gives you a chance to slow down and breathe. It's perfect for when stress is building up and you just need a moment to step away from the chaos. Whether you're juggling work, family, or countless responsibilities, this will help you find calm, clear your head, and reconnect with your body, so you can face the rest of your day with more ease and focus.

Try it now:

1. Sit comfortably

You can be on a chair or seated on the floor, whatever allows your spine to feel tall and supported.

2. Rub hands together to gently energise them

3. **Place your right hand on top of your head and left hand either on the ground or you can hold the chair.** Let your right hand rest gently on the crown of your head, like you're offering comfort to your own thoughts. This activates a key Touch Point (Governing Vessel 20) known for calming, centring, and regulating the nervous system.

4. Turn your head

Softly turn your head to look toward the inside of your right elbow. This gentle twist helps your body prepare to lengthen with more intention.

5. Inhale fully

Feel the lift through the spine and ribs.

6. Exhale and gently lean over to the left

Relax, stretching the right side of the body. Don't force the stretch, think "opening" rather than "reaching."

7. Hold for seven slow wonderful breaths

With each inhale, imagine your ribs expanding like an accordion. With each exhale, soften the waist, the jaw, and any inner tightness.

You're opening into the intercostal muscles, fascia, and the emotional storage shelves of your side body the places that say, "I'll deal with that later."

8. Return slowly

Come back upright with care and pause for a breath.

9. Repeat on the other side

Swap hands and repeat the same steps. You might notice a difference between sides one often holds more than the other.



YOGATARIAN