

FREE BONUS



Breathe & Move

Guided breathing and illustrated movement routines

A companion to Gentle · Steady · Bold

CHOOSE YOUR LEVEL: GENTLE · STEADY · BOLD

Guided Breathing

*Use these before you journal, before you color, or any time you need to come back to yourself.
Sit or lie comfortably and breathe through your nose if you can.*



Box Breathing

Steadies a busy mind.

- Breathe in for 4
- Hold for 4
- Breathe out for 4
- Hold for 4

GENTLE
4 rounds

STEADY
6 rounds

BOLD
10 rounds



Calming Breath

A longer exhale helps your body settle.

- Breathe in for 4
- Breathe out slowly for 6

GENTLE
1 minute

STEADY
3 minutes

BOLD
5 minutes



One-Minute Reset

For any moment you need to start again.

- Drop your shoulders
- Breathe in for 4, out for 6, five times
- Notice five things you can see

GENTLE
1 round

STEADY
2 rounds

BOLD
3 rounds

Morning Mobility

About 5 minutes. Wake up stiff joints and start the day loose.

Levels show breaths or reps for each move.

01

Neck Release

Tilt one ear toward your shoulder. Breathe slowly, then switch sides.



GENTLE 3 breaths / side
STEADY 5 breaths / side
BOLD 8 breaths / side

02

Reach Up

Inhale and sweep your arms overhead. Exhale and lower them.



GENTLE 5 reps
STEADY 8 reps
BOLD 12 reps

03

Side Bend

Reach one arm up and over. Keep both feet grounded. Switch sides.



GENTLE 3 breaths / side
STEADY 5 breaths / side
BOLD 8 breaths / side

04

Hip Circles

Hands on hips. Draw slow circles with your hips, then reverse.

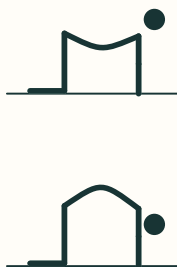


GENTLE 5 each way
STEADY 8 each way
BOLD 12 each way

05

Cat & Cow

On hands and knees, round your back, then gently arch it. Move with your breath.



GENTLE 5 rounds
STEADY 8 rounds
BOLD 12 rounds

06

Forward Fold

Soften your knees and let your upper body hang heavy.



GENTLE 3 breaths
STEADY 5 breaths
BOLD 8 breaths

Listen to your body and move within a comfortable range. Stop if anything causes pain, dizziness or shortness of breath. Check with a doctor before starting a new exercise routine, especially if you are pregnant, injured or managing a health condition.

Strength Basics

About 10–20 minutes. Body-weight strength, no equipment.

Do every move once for one round. Rest 60 seconds between rounds.

01

Chair Squat

Sit back toward a chair, tap it lightly, and stand tall. 8–12 reps.



GENTLE 1 round
STEADY 2 rounds
BOLD 3 rounds

02

Counter Push-Up

Hands on a sturdy counter, body in one line. Lower and press away. 8–12 reps.



GENTLE 1 round
STEADY 2 rounds
BOLD 3 rounds

03

Glute Bridge

Feet flat, press through your heels and lift your hips. 10–15 reps.



GENTLE 1 round
STEADY 2 rounds
BOLD 3 rounds

04

Reverse Lunge

Step one foot back and lower gently. Hold a wall if needed. 6–10 per side.



GENTLE 1 round
STEADY 2 rounds
BOLD 3 rounds

05

Knee Plank

Forearms and knees down, body in a line from head to knees. Hold 15–30 seconds.



GENTLE 1 round
STEADY 2 rounds
BOLD 3 rounds

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Endurance Builder

Build your engine at a pace you can talk through.

Warm up, build, then cool down.

01

March in Place

Warm up by lifting your knees and swinging your arms.



GENTLE 2 minutes
STEADY 3 minutes
BOLD 3 minutes

02

Step Jacks

Step one foot out as your arms rise. Alternate sides. Low impact.



GENTLE 3 × 30 sec
STEADY 4 × 45 sec
BOLD 5 × 60 sec

03

Brisk Walk

Walk at a pace where you can talk, but not sing.

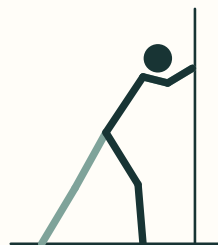


GENTLE 10 minutes
STEADY 25 minutes
BOLD 40 minutes

04

Calf Stretch

Hands on a wall, back leg straight, heel down. Switch sides.



GENTLE 30 sec / side
STEADY 30 sec / side
BOLD 45 sec / side

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Evening Restore

About 10 minutes. Unwind your body before sleep.

Move slowly. Nothing should hurt.

01

Belly Breathing

Lie down with your hands on your belly. Let them rise and fall.



GENTLE 1 minute
STEADY 3 minutes
BOLD 5 minutes

02

Knee to Chest

Hug one knee gently toward you. Switch sides.



GENTLE 20 sec / side
STEADY 30 sec / side
BOLD 45 sec / side

03

Lying Twist

Let both knees fall to one side. Keep your shoulders heavy. Switch.

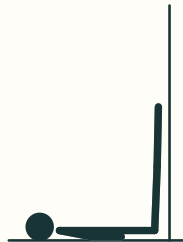


GENTLE 20 sec / side
STEADY 30 sec / side
BOLD 45 sec / side

04

Legs Up the Wall

Rest your legs against a wall and let your whole body be still.



GENTLE 2 minutes
STEADY 5 minutes
BOLD 10 minutes

05

Child's Pose

Knees wide, hips back, forehead down. Breathe into your back.



GENTLE 30 seconds
STEADY 1 minute
BOLD 2 minutes

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Gentle Yoga Flow

About 10–15 minutes. Move with intention, one breath at a time.

Hold each pose for the breaths shown, then repeat the flow.

01

Mountain

Stand tall, feet grounded, shoulders soft.



GENTLE 3 breaths
STEADY 5 breaths
BOLD 8 breaths

02

Upward Salute

Sweep your arms overhead and lengthen through your fingertips.



GENTLE 3 breaths
STEADY 5 breaths
BOLD 8 breaths

03

Forward Fold

Fold from your hips with soft knees.



GENTLE 3 breaths
STEADY 5 breaths
BOLD 8 breaths

04

Downward Dog

Hands and feet down, hips lifted. Bend your knees as much as you need.

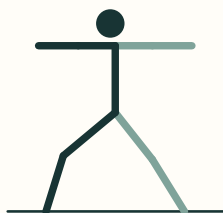


GENTLE 3 breaths
STEADY 5 breaths
BOLD 8 breaths

05

Warrior II

Wide stance, front knee over ankle, arms reaching long. Both sides.



GENTLE 3 breaths / side
STEADY 5 breaths / side
BOLD 8 breaths / side

06

Tree

Foot on your ankle, calf or inner thigh, never the knee. Hold a wall if you like.



GENTLE 3 breaths / side
STEADY 5 breaths / side
BOLD 8 breaths / side

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