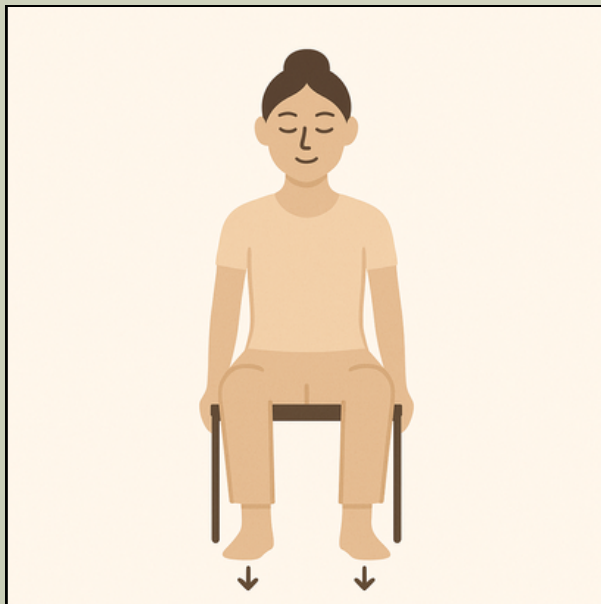


GROUNDING PRACTICE

FEELING YOUR POINTS OF SUPPORT



DURATION

3–5 minutes

OBJECTIVES

- Reconnecting with the body
- Immediate relaxation
- Calming of mental activity

🌿 RETURNING TO THE PRESENT MOMENT THROUGH THE BODY 🌿

- **Find a comfortable position.** Sit on a chair with your feet flat on the floor, slightly apart. Keep your back straight but relaxed, your head resting naturally in line with your spine. Let your hands rest gently on your thighs, palms relaxed. Take a few moments to adjust your posture until it feels stable and comfortable.
- **Close your eyes and observe your bodily sensations.** Feel the contact of the chair under your pelvis, the weight of your body on the seat, and the pressure of your feet against the ground. Notice how these points of contact support you. Do not try to change anything, simply let your attention rest on these areas of support.
- **Breathe calmly.** With each inhale, feel your spine lengthening, as if the air were lifting you from within. With each exhale, allow the weight of your body to descend softly toward the ground, as if you were rooting yourself a little more deeply with every breath. Let your breathing flow naturally, without effort, following its own rhythm.
- **Deepen your awareness of your points of support.** Feel the warmth beneath your feet, your legs, the steady ground holding you up. Notice the subtle micro-movements of your body with every breath, the slight adjustments of your pelvis, the expansion and release of your chest. If your mind starts to wander, gently bring it back to the sensations of contact within your body.
- **Stay in this state of grounding for a few moments.** Observe what you feel and where it appears in your body: perhaps a calmness in your chest, a softening of the back muscles, or a deeper sense of presence in your pelvis. Allow this feeling of stability to settle gradually, like a solid foundation from which you can return to yourself at any time.
- **When you feel ready, slowly open your eyes.** Notice how your body feels now: heavier, calmer, more present. Take a few extra moments to remain with this sense of grounding before continuing with your day.



GROUNDING PRACTICE

FEELING YOUR POINTS OF SUPPORT

PERSONAL NOTES

Space for personal observations or reflections after the exercise