

Cynthia's Sound Bites & Moves

Dear Bookkeeping Buds Women,
It was so much fun to be with you last week!

If you'd like a 25-minute Wild Soul Movement practice, here's a link. The mantra for this one is: It is safe for me to trust my truth.

<https://www.cynthiamcgrath.com/wild-soul-movement>

And if you're interested in any support around speaking up, speaking out, speaking on video, I'm your gal! Shoot me an email and put "Speaking" in the memo.

Please keep in touch. My email is: Cynthia@cynthiamcgrath.com

Wishing you Every Good Thing,

Cynthia

Magical Moves for Your Body's Momentum!

5-minute break reset moves

- Standing Shake & Bounce
- Add in sound – hum, Ahhhh
- Hip & Torso Twist with Arm fling.
- Complete the stress cycle: shake, stomp, shout it out.

5 important daily twists for the spine [*start gently, increase as tolerated*]

- Stand with feet hip width apart, arms at side [mountain pose]
- Bring arms up straight overhead, close to ears as possible.
- Hold 1 wrist, gently lean to the side – hold for a count of 10. Switch Sides
- With arms straight over head, lean back [gentle backbend]
- Lean forward, knees soft, 'tabletop' back, hands on thighs for support.
- Come back up, then bending – reach for your toes [as close as you can get!]
- Bending down, twist to the left, raise left arm, look up at that arm. Switch.

Chair yoga for Brain support.

- Sit and focus your attention on your breath -your back & then side ribs.
- As you breathe in – roll pelvis backward and head back.
- As you breathe out – roll pelvis forward and head tucks in.
- Eye yoga moves – focus on thumbnail – move out to the side & back. Switch.