

# 4 Simple steps to finding your center and staying calm in times of chaos

## 1. Pick A Time

Visualize something strong and powerful that has a still center and resonates with you. For example, the eye of a hurricane or a tall, powerful tree with a sturdy trunk.

## 2. Connect

Picture yourself at the center of the image you visualized, and imagine the events and conversations happening around you while you remain still and simply witness it all.

## 3. Breathe

As you connect, breathe deeply and slowly. Let your body settle and feel strong and powerful, yet light and subtle. Soften your eyelids and relax your jaw.

## 4. Feel The Stillness

Feel the sense of stillness in your body. Think about how it feels to be supported at your center and to be still. Now focus on the thoughts and sensations that arise.



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