

SLOW • SINK • SAVOR • REG-004 • 1/2 [Make notes • Make it yours >>] ①

After loaded activity, the body may still carry speed.

Use SSS after:

physical training a challenging event completed day

a hard task extended stress performance mode

SLOW ↓ Let the pace come down one notch.

SINK — Settle into support.

SAVOR + Notice one real thing for a few seconds.

NOTES ^^^

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SLOW • SINK • SAVOR • REG-004 • 2/2 [Make notes • Make it yours >>] ①

Try it:

Slow the breath.

Do not force it.

Sink into whatever is supporting you.

Savor one thing:

warmth air sound texture light breath quiet

Stay a few seconds. Let the system come down.

One breath slower.

A little more settled. One real thing noticed.

That counts.

Practice notes ^^^