

Mountain Pose with BE Buddy®

“I am strong and stable like a mountain”

Stand up tall with your feet pressed into the ground like a sturdy mountain.

Place your BE Buddy® on the top of your head and look forward.

Bring your strong arms to your side and relax your shoulders down away from your ears.

Inhale through your nose as you reach the top of your head towards the sky.
Exhale and allow your body to soften a bit.

Stand tall & continue to breathe soft and slow.

Imagine being the tallest mountain stretching your peak up high towards the clouds.

Challenge:

Slowly walk around the room while keeping the BE Buddy® securely on your head.

Can you stay tall and stable while moving around the room?

Ask:

How did it feel to stand tall like a mountain?

What was it like on the top of your mountain?

Is it snowy, sunny, calm, windy?

Can you stay strong and steady in the rain or thunderstorm?

