

Feeling overwhelmed?

Try some secret chair yoga (no one will know):

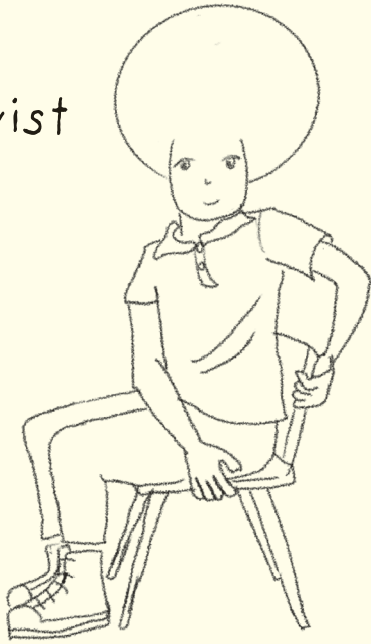
1. Press your feet firmly into the floor.
2. Let your breath flow. Imagine the air is doing all the work, moving gently in and out of your lungs.
3. Try some of these gentle stretches.



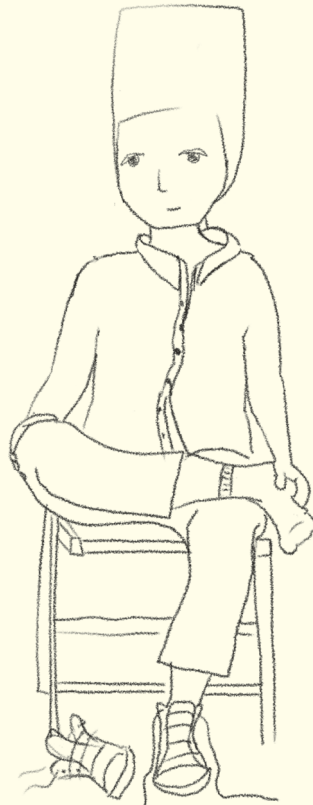
Push



Twist



Release



My Senses are Like Cups

Hopefully you now know a bit more about yourself and your sense cups. And that your cups will change size depending on where you are and what you are doing.

See if you can draw your cups in each of these situations. Go back to the start of Part 2 to see how different cups can be different sizes, like when we are in a place we know or a place we don't know.