

STEP 1 SET YOUR INTENTION AND APPLY OILS

Before you begin, take a moment to ground yourself and state your intention.

FOR EXAMPLE:

- "Today I am centered, focused, and empowered."
- "I now tap into my confidence, allowing my gifts and talents shine forth."
- "I now have the energy I need to complete _____." (Fill in the blank with your specific project or task.)

ESSENTIAL OIL APPLICATION



Place two drops of Bergamot and two drops of Eucalyptus Radiata onto your left palm. Gently rub your palms together and carefully bring them within a few inches of your nose. Inhale the oils slowly and deeply, stating your intentions.

STEP 2 MOUNTAIN POSE

Stand with your feet together, arms down, arches of your feet drawn upward, spine elongated, tailbone and shoulder blades drawn down, chest and collarbones lifted and broadened, and the top of your head lifted toward the ceiling.



Become still and focus on your breath and your intention, occasionally bringing your oiled palms to your nose and deeply inhaling the Bergamot-Eucalyptus Radiata blend.

STEP 3 HA! BREATH PREPARATION



Standing with feet hip-distance apart, place your hands right over left, with your left palm centered over the diaphragm. As you inhale through your nose, feel your diaphragm expanding.



Exhale through your mouth, making a loud, staccato

"HA!"

sound. Feel your diaphragm contracting. Repeat 5–10 times.



STEP 4 HA! AIRPLANE



Find a focal point and allow yourself to settle and relax with your intention in mind. With your feet together, standing tall, bring your arms out to the sides like airplane wings, with your palms facing down.



As you inhale three times quickly through your nose, cross your right arm under your left arm, crisscrossing the arms at chest height three times, matching the inhalations with your arm movements.



Bring your arms back out to your sides, rise up onto your tiptoes, and exhale through your mouth with a loud and sharp "Ha!" Bring your heels back to the floor. Repeat the Ha! airplane up to 10 times.

When you are done, keep your energy moving by walking around for a few moments, and then gradually come back to Mountain Pose. Reconnect to your intention, breathe in the essential oils on your palms, and notice how you feel.

This entire exercise will take only a few minutes and can serve as a wonderful way to wake up your energy and get yourself motivated for the day ahead. I find this exercise really helps me become energized, focused, and more productive.