



⚡ FYRN lifestyle approach quick start guide

Whether you are recovering from burnout, navigating a life transition, or simply seeking a deeper connection to yourself, here is a 10-minute *Micro-Practice* to experience and enjoy (standing, sitting or reclining) the four pillars of our FYRN lifestyle approach:

🧬 Fascia-Informed: Micro-movements to hydrate & unfurl

Gently rebound with heels remaining on the ground or sway side-to-side rhythmically, return to stillness and observe

🧘 Yoga-Inspired: Expand and contract with your breath

Inhale, reach your arms slowly past your head as far as you are able to
Exhale and softly fold forward, allow your head, shoulders & arms to hang
Modification: if reclining simply exhale and soften or curl onto your side

✨ Reiki-Empowered: Return to harmony

Bring your hands to your heart or belly. Soften your gaze or close your eyes, visualize a warm, golden light filling your body, savour the pause

🌿 Nature Infused: Reconnect your Energy, Presence & Focus

Find a natural object, outdoors or indoors - a leaf, stone or fruit - explore it with all your senses - see, touch, listen, smell, taste/imagine