



**CHAOS
TO
CALM:**

**Breathwork &
Movement
Reflection**

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CHAOS TO CALM: BREATHWORK & MOVEMENT REFLECTION

Hey Rebels — this week is all about practice over perfection.

You'll pick one pranayama (breathwork) and one yoga sequence to practice at least two times before we meet next.

Both breath and movement send a clear message to your nervous system:

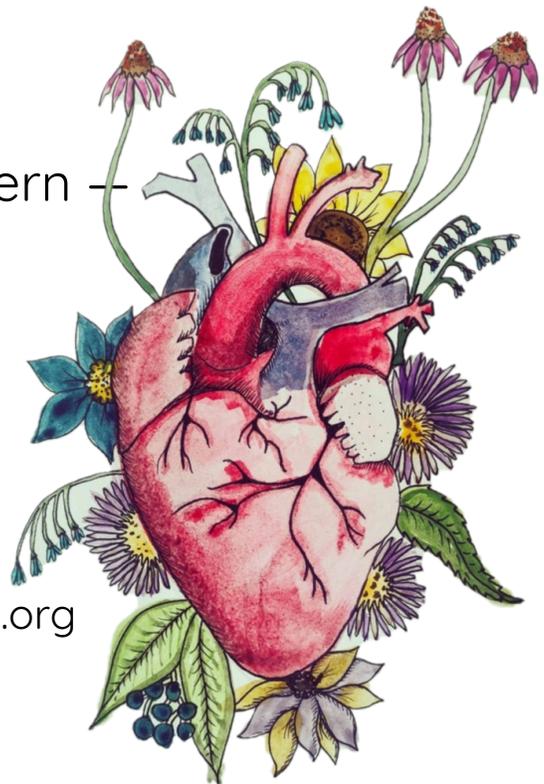
“I am safe. I am present. I can calm my body without alcohol.”

Each time you practice, you're teaching your brain a new pattern — replacing chaos with calm.

Here's To Your Rebel Journey,

Vanessa (AKA Veeeeee)

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CHAOS TO CALM: BREATHWORK & MOVEMENT REFLECTION

Pranayama Practice Reflection Instructions:

Choose one breath technique to focus on this week. Practice for 3–10 minutes each time. Notice how your body and mood respond before, during, and after.

After your second practice, reflect:

- **Which pranayama technique did you choose, and why?**

- **How did your body feel before you started breathing intentionally?**

- **What shifted after your breathwork — physically or emotionally?**

- **Did you notice any resistance (restlessness, distraction, frustration)? What might that teach you about your relationship with stillness?**

- **How can using pranayama help you in moments of craving, anxiety, or overwhelm?**

- **What message did your breath give you about where you are in your recovery today?**

 Remember: you don't need to “do it right.” You just need to notice what happens when you breathe with awareness.

- How did you feel after completing the sequence — physically, mentally, or emotionally?

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- How might a regular yoga practice support your nervous system and recovery journey long-term?

✨ **Final Reflection:**

“Each time I slow my breath and move with intention, I am showing my nervous system what safety feels like.”

Each time I choose presence over escape, I’m building my new foundation — one calm breath at a time.”

PRANAYAMA

Ratio Breath – Repeat 3X or more

- 3:6 - Inhale for 3 counts, hold @ top, Exhale for 6 counts.
- 4:8 - Inhale for 4 counts, hold @ top, Exhale for 8 counts.
- 5:10 - Inhale for 5 counts, hold @ top, Exhale for 10 counts
- 6:12 - Inhale for 6 counts, hold @ top, Exhale for 12 counts

Alternate nostril – Repeat 3X/side.

- Make the “hang loose” sign 🤞 with your dominant hand
Turn hand so wrist is facing you.
- Alternate, Close RT nostril, Inhale through LF nostril, Exhale
Close LF, Exhale through RT nostril.

Abdomen/Belly breath – Repeat 5X

- Place hands over abdomen/bellybutton.
- Inhale, feel your abdomen rise to ceiling/sky, Exhale,
feel your abdomen soften/relax.
- Can be done laying down or sitting upright.

Active Bridge – Repeat 5X

- Lay on back, bent knees, arms at sides, palms down.
- Inhale lift hips, reach arms back, Exhale lower hips +
arms at your side. Repeat 5X

PRANAYAMA

Diaphragmic Breath – Practice in Yoga!

- Keep lips closed - Inhale through nose, Exhale through y nose - Feel throat muscles engage - Repeat 5X.
- Moves your lymph system + brings body to parasympathetic state!

3 Part Breath – Repeat 3X/side.

- Inhale fill abdomen > Inhale fill lungs > Inhale fill collarbones, Long exhale out
- Each section will expand as you practice this breathing technique. Will get easier/smoothed with practice.

Box Breath – Repeat 5X

- Inhale to count of 5, Hold your breath for a count of 7, Exhale to the count of 5. Hold to count of 7.
- Pay attention to the space/pause between each breath you take.

Full Body Stretch – Repeat 5X

- Lay on back, heels at bottom corners of mat, arms at sides, palms up.
- Inhale reach arms back, Exhale point toes, Inhale hold, Exhale bring arms to sides, relax feet. Repeat 5X

YOGA SEQUENCES

Full Body Yoga Sequence

- Works all planes of motion
- Activate all body systems.
- Keep joints mobile and flexible.

Full Body Chair Yoga Sequence

- Use a Chair or bench (no wheels).
- Works all planes of motion.
- Maintain healthy joints and mobility.

Restful Slumber Yoga Sequence

- Do this sequence in bed.
- Full body stretch.
- Brings body into parasympathetic state.

AM Cleanse Yoga Sequence

- Unwind from any stiffness in your body.
- Gently wakes the body up.
- Activates organ systems and circulation.

OPTIONAL TOOLS FOR THIS PRACTICE



STRAP

BLOCK

FULL BODY YOGA SEQUENCE

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Begin on back, open feet to width of mat.



Bring Knees towards chest. Extend legs towards ceiling. 5-10 clockwise rotations. 5-10 opposite direction. Bring knees towards chest. Rock/Guide Yourself upright. Repeat Other Side!



Scoot glutes back. Legs stright. Inhale arms up. Exhale forward fold. 3-5 breaths at your own pace.



Seated Spinal Twist. Guide LF leg up + over. Left hand as kickstand, inhale RT arm up, exhale guide elbow or hand to outside of left knee. Breathe 3X. Repeat Other Side!



Cross Legs! Inhale arms up, exhale gentle bend to LF. Inhale arms up, exhale gentle bend to RT. Repeat 3x on both sides.



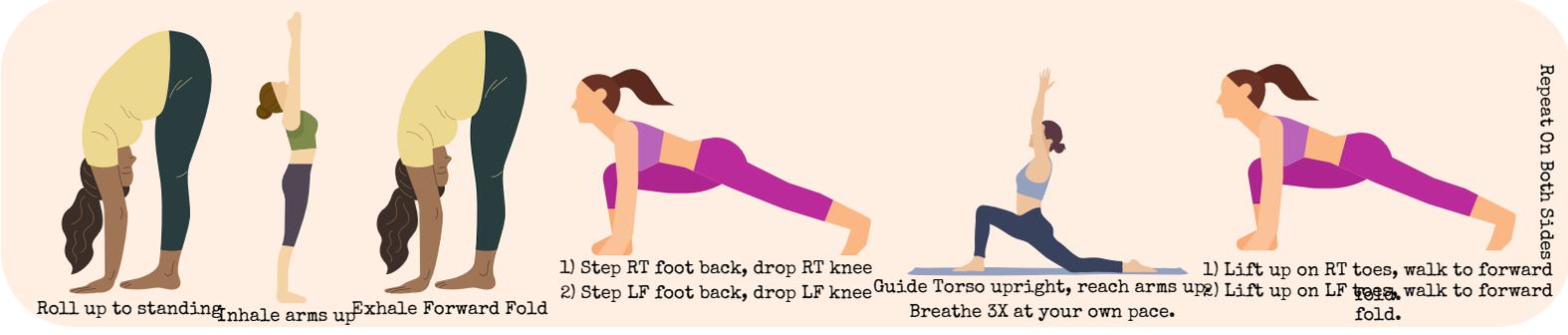
Extend RT arm + LF leg, Lift up reaching in opposite directions, THEN... Come to Table Top (all fours). Repeat Other Side!



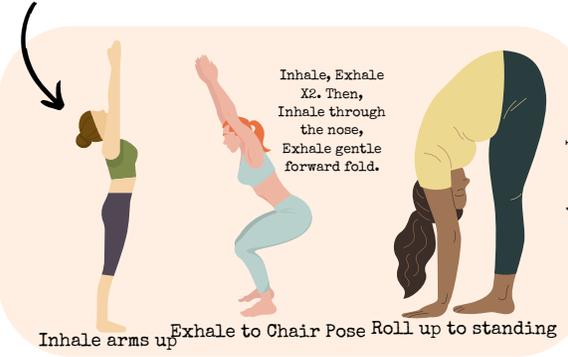
Inhale elbow + knee together, exhale extend repeat 2X, THEN, bring limbs back to floor.



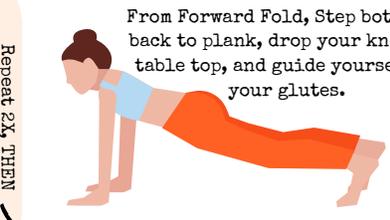
Spread hands wide on mat, tuck toes under to downward dog. Lift 1 heel then the other to soften tension in your calf muscles. Walk your feet to your hands, meeting in forward fold.



Roll up to standing, Inhale arms up, Exhale Forward Fold. 1) Step RT foot back, drop RT knee 2) Step LF foot back, drop LF knee. Guide Torso upright, reach arms up. Breathe 3X at your own pace. 1) Lift up on RT toes, walk to forward fold. 2) Lift up on LF toes, walk to forward fold. Repeat On Both Sides



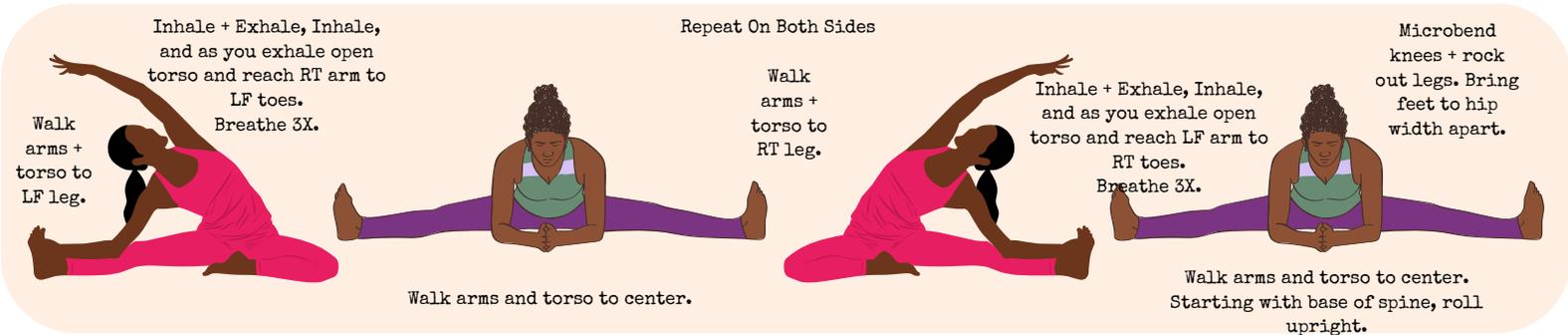
Inhale arms up, Exhale to Chair Pose. Inhale, Exhale X2. Then, Inhale through the nose, Exhale gentle forward fold. Repeat 2X, THEN



From Forward Fold, Step both feet back to plank, drop your knees to table top, and guide yourself to your glutes.



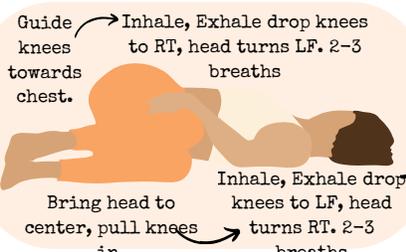
Open your feet to a comfortable "V" shape with your strap. Inhale lift tall, Exhale walk hands + torso forward until you feel tension in inner thighs.



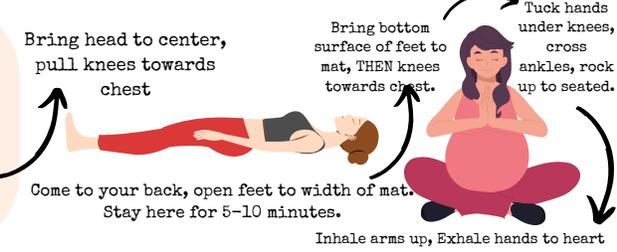
Inhale + Exhale, Inhale, and as you exhale open torso and reach RT arm to LF toes. Breathe 3X. Walk arms + torso to LF leg. Repeat On Both Sides. Walk arms + torso to RT leg. Inhale + Exhale, Inhale, and as you exhale open torso and reach LF arm to RT toes. Breathe 3X. Microbend knees + rock out legs. Bring feet to hip width apart. Walk arms and torso to center. Starting with base of spine, roll upright.



Scoot glutes forward. Make sure feet are hip-width apart. Lay on back. Put block between knees. Feet hip width apart. Arms at your sides, palms down near hips. Inhale, Exhale press hips towards sky. Inhale/Exhale 2X, Inhale and Exhale tuck pelvis under, lower down. Repeat 2-3X. Remove block



Guide knees towards chest. Inhale, Exhale drop knees to RT, head turns LF. 2-3 breaths. Inhale, Exhale drop knees to LF, head turns RT. 2-3 breaths. Bring head to center, pull knees in.



Bring head to center, pull knees towards chest. Come to your back, open feet to width of mat. Stay here for 5-10 minutes. Inhale arms up, Exhale hands to heart center. Bring bottom surface of feet to mat, THEN knees towards chest. Tuck hands under knees, cross ankles, rock up to seated.

OPTIONAL TOOLS FOR THIS PRACTICE

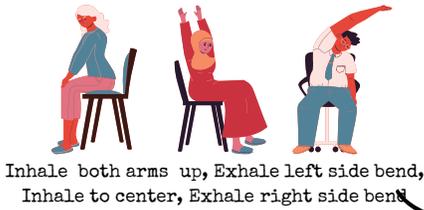


STRAP

BLOCK

CHAIR YOGA SEQUENCE

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Inhale both arms up, Exhale left side bend, Inhale to center, Exhale right side bend

Inhale both arms up, Exhale gentle twist to left, Inhale both arms up, Exhale gentle side bend right



Repeat 3X each side

Inhale arms to horizon. Exhale interlace fingers and press palms forward. 3 breaths



Inhale arms up, Exhale interlace fingers behind skull. Inhale, Exhale opposite elbow to opposite knee



Use strap or towel.



Inhale right arm up, exhale reach left arm under and walk hands together w/ strap/towel. If your hands can touch, don't use strap/towel.

Repeat Other Side!

Cross Legs! Inhale arms up, exhale reach forward fold. Inhale right arm up, exhale bring right arm down. Cross Legs! Inhale left arm up, exhale bring left arm down.



Repeat 3x on both sides.

1. Plant your hands on the chair seat shoulder width apart. Walk your feet under your hips.

Stand in front of the seat of your chair



Repeat 2X each side!

2. Inhale step right foot back, exhale twist torso to the left and extend left arms to ceiling.

3. Inhale step left foot back, exhale twist torso to the right and extend right arms to ceiling.

Walk feet under hips



Press hips up to ceiling for Downward Dog

3 breath cycles at your own pace

Exhale Forward Fold



Inhale arms up



Exhale Extend right foot.



Inhale lift right knee



Exhale Forward Fold



Inhale lower right leg and lift arms up



Exhale Extend left foot.



Inhale lift left knee



Inhale arms up



Exhale hands to heart center.

Goddess Pose

Inhale arms up, Exhale to Elbows to shoulder height. Inhale press shoulder blades together, Exhale to bring forearms to touch.



Repeat 2X, THEN

From Goddess Pose, Slide left leg straight back, bend your right knee. Inhale your arms to a "T", exhale settle in pose. Inhale lift shoulders to ears, Exhale lower shoulders down.



Warrior 2



Triangle

Inhale straighten your right knee, Exhale plant right hand on chair, extend left arm to ceiling.



Eagle Arms

Inhale arms up Exhale wrap right arm under left, bend elbows. Lower shoulders, press elbows forward.

Repeat Other Side!

1) Place right foot on outside of front leg of chair. Inhale step left foot back, exhale plant hands on seat.

Stand and face seat of chair



Pyramid

2) Place right foot on outside of front leg of chair. Inhale step left foot back, exhale plant hands on seat. Inhale ground left hand in chair seat, Exhale reach right arm to ceiling. Repeat on Both Sides

Stand at back of chair.



Quad Stretch

Grab right foot with right hand. Pull heel to glute. Repeat on Both Sides

Stand at back of chair.

Place hands on back of chair. Walk feet back to hip width apart.



Warrior 3

Inhale shift your weight to your right leg, Exhale lift your left leg press left heel to ceiling. Repeat on Both Sides

Stand at side of chair.



Tree

Repeat On Both Sides

Inhale shift weight to right leg, Exhale bring left foot below or above right knee

Sit back in your chair



Bring your right ankle above your left knee. Inhale lift tall through your spine, Exhale gaze forward bring your chest to your thighs. Repeat on Both Sides



Plant hands on either side of your seat for support.

Inhale Knees to chest, Exhale straighten knees at angle. 2-3 breaths

Lower legs down



Repeat On Both Sides

Inhale chin to chest, Exhale roll right ear to right shoulder. Place right hand above left ear to assist

Inhale Roll chin to chest, Exhale roll neck to neutral.



Inhale arms up, Exhale hands to heart center.

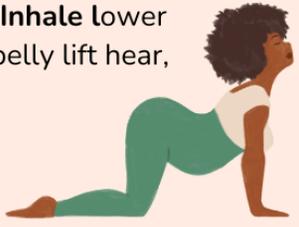


STRAP BLOCK

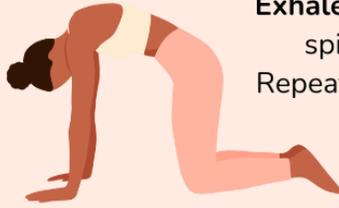
RESTFUL SLUMBER SEQUENCE

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Inhale lower belly lift hear,



Exhale round spine. Repeat 2-3X.



Extend RT arm + LF leg, Lift up reaching in opposite directions, THEN...
Come to Table Top (all fours)



Inhale elbow + knee together, **exhale** extend - repeat 2X, THEN, bring limbs back to floor.

Repeat Other Side!

Seated Spinal Twist



Guide LF leg up + over. Left hand as kickstand, **inhale** RT arm up, **exhale** guide elbow or hand to outside of left knee. **Breath 3X**

Repeat Other Side!

Scoot glutes back. Legs straight. **Inhale** arms up. **Exhale** forward fold. 3-5 breaths at your own pace.



Starting w/ base of spine, roll upright.

Inhale + Exhale, Inhale, and as you exhale open torso and reach RT arm to LF toes. Breathe 3X.

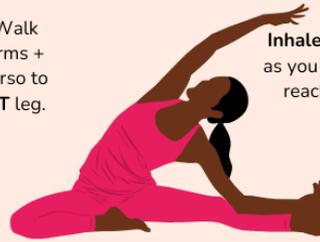


Walk arms + torso to LF leg.



Walk arms and torso to center.

Walk arms + torso to RT leg.



Inhale + Exhale, Inhale, and as you exhale open torso and reach LF arm to RT toes. Breathe 3X.



Walk arms and torso to center. Starting with base of spine, roll upright.

Microbend knees + rock out legs. Bring feet to hip width apart.

Scoot glutes forward. Make sure feet are hip-width apart. Lay on back.



Inhale, Exhale press hips towards sky. **Inhale/Exhale 2X, Inhale and Exhale** tuck pelvis under, lower down. Repeat 2-3X.

Remove block

Put block between knees. Feet hip width apart. Arms at your sides, palms down near hips.

Guide knees towards chest.



Inhale, Exhale drop knees to RT, head turns LF. 2-3 breaths

Inhale, Exhale drop knees to LF, head turns RT. 2-3 breaths

Bring Knees towards chest. Extend legs towards ceiling.



Repeat Other Side!

5-10 clockwise rotations. 5-10 opposite direction. Bring knees towards chest. Rock/Guide Yourself upright.

Repeat On Both Sides

Lay on back, open feet to hip width.



Repeat On Both Sides

OPTIONAL TOOLS FOR THIS PRACTICE



STRAP



BLOCK

AM YOGA CLEANSE

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Lay on back, open feet to hip width.

Repeat On Both Sides



Bring Knees towards chest. Extend legs towards ceiling.

5-10 clockwise rotations.
5-10 opposite direction
Bring knees towards chest.
Rock/Guide Yourself upright.

Repeat Other Side!

Repeat On Both Sides

Scoot glutes forward. Make sure feet are hip-width apart. Lay on back.

Inhale, Exhale press hips towards sky. **Inhale/Exhale 2X, Inhale and Exhale** tuck pelvis under, lower down. Repeat 2-3X.



Remove block

Guide knees towards chest.



Inhale, Exhale drop

Bring head to center, knees to LF, head turns pull knees in. RT. 2-3 breaths

Put block between knees. Feet hip width apart. Arms at your sides, palms down near hips.

Inhale + Exhale, Inhale, and as you exhale open torso and reach RT arm to LF toes. Breathe 3X.



Walk arms + torso to LF leg.

Walk arms + torso to RT leg.



Walk arms and torso to center.

Inhale + Exhale, Inhale, and as you exhale open torso and reach LF arm to RT toes. Breathe 3X.



Microbend knees + rock out legs. Bring feet to hip width apart.



Walk arms and torso to center. Starting with base of spine, roll upright.

Seated Spinal Twist



Repeat Other Side!

Guide LF leg up + over. Left hand as kickstand, **inhale** RT arm up, **exhale** guide elbow or hand to outside of left knee. **Breath 3X**

Scoot glutes back. Legs stright. **Inhale** arms up. **Exhale** forward fold. 3-5 breaths at your own pace.



Starting w/ base of spine, roll upright.

Inhale lower belly lift hear,



Exhale round spine. Repeat 2-3X.



Extend RT arm + LF leg. Lift up reaching in opposite directions, THEN...

Come to Table Top (all fours)



Inhale elbow + knee together, **exhale** extend - repeat 2X,

THEN, bring limbs back to floor.

Repeat Other Side!