

Nervous System Reset

Breathe.
Reset.
Create.

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Who am I?

Rubina Chadha

CEO, Lead Inner Designer

- Mindful Leadership Icon of the Year, 2025
- Top CEO & Creativity Leader of the Year in Personal Development, IAOTP 2025
- Clio Award Winning Designer, 2001
- Mission: Design yourself from the inside out
- Grew up with a spiritual focus & has practiced meditation and yoga since childhood
- Certified Mindfulness, Breathwork & Hatha Yoga instructor
- Holds a Degree in Fine Art from the Art Center College of Design
- Human Design Transformational Life Coach



5-Minute

Nervous System Reset

02 Document Goal:

Arrival

Find a quiet space.

Sit or lie down comfortably.

Close your eyes if you feel safe to do so.

Let your body begin to settle.

Let the day soften its grip.

02 Document Goal:

Gentle Noticing

Notice your breath—without changing it.

Where do you feel it?

Chest? Belly? Nose?

There's nothing to fix.

Just feel.

02 Document Goal:

Grounding the Exhale

Now gently begin to lengthen your exhale.

Inhale softly through your nose...

Slow, Long Exhale slowly out the mouth.

Feel your body respond.

Feel gravity holding you.

02 Document Goal:

Coherence Breath Rhythm

Inhale for 4.

Exhale for 6.

Slow. Gentle.

Repeat 3 times.

Let safety return.

02 Document Goal:

Somatic Experience

Now gently scan your shoulders...

Can you let them drop 10% more?

Unclench your jaw and let your tongue
soften at the base of your mouth.

There's nothing to hold up right now.

02 Document Goal:

Anchor in Safety

Bring your awareness to one part of your body that feels neutral or safe.

Breathe into that space.

Let it remind your system:

You are here.

You are safe.

02 Document Goal:

Return Gently

Let your breath return to its natural rhythm.

Notice the quality of your presence now.

You didn't have to escape—just return.

You're already home.

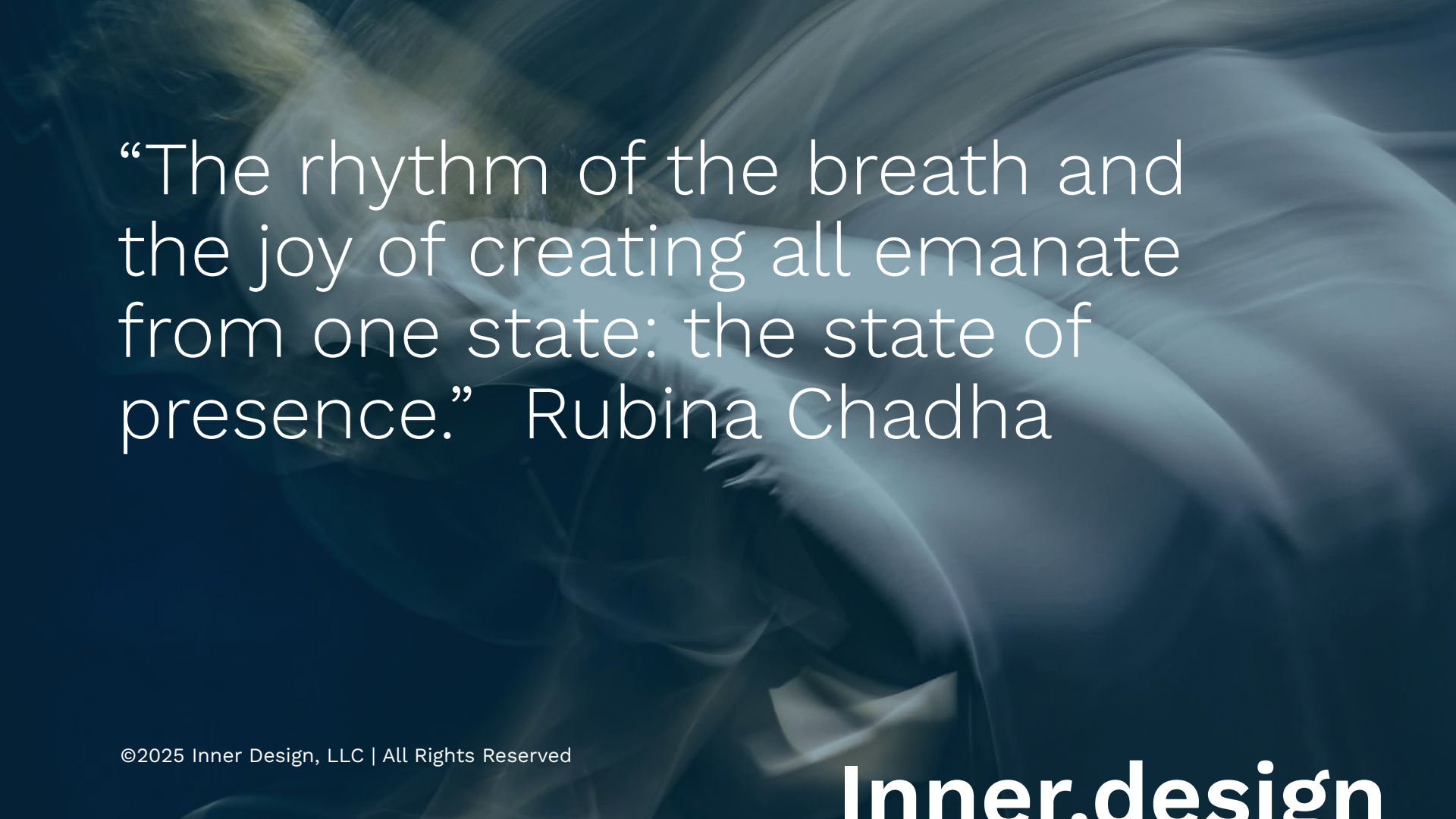
This is how you begin again

One breath at a time.

Ready to explore what your nervous system is telling you?

Let's connect in a free clarity call

<https://theinnerdesign.com/programs/ola/services/consultation-call>



“The rhythm of the breath and the joy of creating all emanate from one state: the state of presence.” Rubina Chadha

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Testimonials:

“Understanding the connection between my work, my anxiety and my breath helped me get over my creative block. It totally changed my life.”

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Designer, Art Center Alum

“Though I have meditated before I didn’t know what breathwork was before this. I was very surprised at the effect it had. I felt relaxed, I could think clearly and be more creative.”

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Brand Strategist

"At the time, I was unstable with my emotions. But the breathwork session helped to release the trapped emotions and reset my system."

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Designer



Sign up for a clarity call:
theinnerdesign.com