



River Rock Practice

- **Find 2 small rocks**, round and flat.
- **Sit in a chair and place the rocks on the floor beneath your feet** (see picture)
- Eyes can be open, soft focus.
- **Notice your breathing**, your ordinary breath.
- **Notice contact with the rocks.**
- **Imagine breathing through that point in the foot.**
- **Start at the top of the head noticing sensations.**
- **With each few exhales move down the body**, exhale one breath at a time toward the feet. **Continue for 2 – 20 min.**
- Bring awareness to the feet anytime during the day with the exhale.

Actions:

- De-escalates the nervous system.
- Activates a grounding acupressure point.
- Develops a physical anchor, like with Boots on the Ground, to access in time of distress.
- Benefits sleep and decreases anxiety.

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