



PRETZEL ARMS

CALMING & REFOCUSING STRATEGIES

HOW-TO DIRECTIONS

Procedure

- Stretch both hands out in front of you with thumbs facing down
- Cross your arms to make an X
- Clasp your hands together interlocking your fingers
- Bring your clasped hands back towards your body then up towards your chin
- While keeping hands clasped and close to your chest, rest chin on your hands and take 3 deep breaths in and out
- Unfold your arms and release your hands

Modifications

- Sit comfortably in a chair, on the floor, or stand
- Stay in position for more breaths or for a set amount of time
- Simply place hands on opposite shoulders or clasp hands under chin while breathing



VIRGINIA
Chief Movement Officer


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