

NERVOUS SYSTEM RESET

THE MAGIC FORMULA



REPEAT THESE 5 STEPS EVERY DAY TO
BRING YOUR NERVOUS SYSTEM BACK INTO
BALANCE.

- 1) Get up and smile at yourself in the mirror.
- 2) End your morning shower cold for at least 60 secs. As you do so, extend your outbreath and try to relax.
- 3) Do 10 intense in- and exhales. Then hold your breath for 30 secs after the exhale. Inhale. Hold for 10 secs. Repeat 3 times.
- 4) Take 5 mins after the breathing to envision the strongest, happiest and healthiest version of yourself.
- 5) Celebrate that version over a nice matcha latte. Try to drink it outside and get some morning sunlight in your beautiful face.

ENJOY. REPEAT. CELEBRATE LIFE.

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