

Gentle Tools for Grounding & Curiosity

A soft landing place for anyone exploring healing, regulation, or yoga for the very first time.

Yoga Pose Mini-Library

5 grounding poses for every body

Breathwork Mini-Library

3 nervous-system regulating practices

5-Minute Mini Practices

5 short practices for daily use

Welcome to Reclaim — a space designed with no pressure, no performance, and no expertise required. Each tool in this library is an invitation, not a requirement. You can move through them in any order, return to the same one many times, or simply sit with whichever one calls to you today. This is your practice. You set the pace.

Who Reclaim Is For

- People exploring yoga or healing tools for the very first time
- Clients who feel cautious, overwhelmed, or unsure where to begin
- Anyone wanting small, safe steps toward regulation and presence
- Those who simply need to slow down and breathe

Yoga Pose Mini-Library

Grounding · Restorative · Nervous-System
Friendly

These five poses are simple, stabilizing, and accessible for most bodies. Each one gently supports grounding, nervous-system settling, and a return to the present moment. No prior yoga experience needed — just a willingness to arrive.

Mountain Pose

Tadasana

Stand with feet hip-width apart, arms resting softly at your sides. Feel the ground beneath your feet. Take three slow, full breaths. Let your weight settle downward.

Why this pose: *Brings immediate awareness to the body's connection with the earth. Simple to access anywhere, anytime. Excellent for grounding when the mind feels scattered or anxious.*

Child's Pose

Balasana

Kneel and sit back toward your heels, folding your torso forward and extending your arms long or resting them beside you. Breathe into the back of your body.

Why this pose: *Activates the parasympathetic nervous system, signaling safety to the body. The gentle compression of the belly encourages slow, regulated breathing and inward calm.*

Supported Forward Fold

Uttanasana (supported)

Standing or seated, fold forward with a gentle bend in the knees. Rest your hands on your thighs, a chair, or the floor. Let your head and neck fully release.

Why this pose: *Inversions — even gentle ones — calm the nervous system by increasing blood flow to the brain and activating the vagus nerve. This supported version is safe for most bodies.*

Legs Up the Wall

Viparita Karani

Lie on your back and rest your legs up against a wall, a couch, or a stack of pillows. Close your eyes. Stay 5–10 minutes, breathing naturally.

Why this pose: *One of the most deeply restorative poses available. Reverses blood flow, quiets the stress response, and can significantly reduce anxiety, fatigue, and overstimulation.*

Constructive Rest

Semi-Supine

Lie on your back with knees bent and feet flat on the floor, hip-width apart. Rest your hands on your belly or your ribs. Simply breathe and allow gravity to do the work.

**Why this
pose:**

A classic somatic reset. Releases chronic tension in the lower back and hips, grounds the body in sensation, and creates space for the nervous system to down-regulate naturally.

[Explore Gentle Poses →](#)

Breathwork Mini-Library

Down-Regulation · Balancing the Nervous System

Breath is the one autonomic function we can consciously influence — making it one of the most powerful tools available for nervous-system regulation. These three practices are safe, slow, and accessible. They are especially supportive during moments of overwhelm, activation, or the quiet anxiety of everyday life.

How breath works with your nervous system

A longer exhale than inhale activates the parasympathetic nervous system — the “rest and digest” branch — which slows the heart rate and signals safety to the body. Equal-ratio breathing promotes balance. All three practices below work with this principle.

Extended Exhale

Down-Regulation

How to practice:

Inhale slowly through the nose for a count of 4. Exhale through the mouth or nose for a count of 6 to 8. Repeat for 5 to 10 breath cycles. Let each exhale be soft and complete — like a quiet sigh of relief.

■ 4 counts in • 6–8 counts out

Why this practice:

The extended exhale is the single most effective breath for rapidly calming the nervous system. By making the exhale longer than the inhale, you directly stimulate the vagus nerve and shift the body out of a stress response and into a state of ease. Safe for almost everyone.

Belly Breathing

Down-Regulation · Grounding

How to practice:

Place one hand on your belly, one on your chest. As you inhale, feel your belly rise first, then your chest. As you exhale, let your belly fall gently. Breathe slowly and fully, without forcing.

■ Natural rhythm • No counting required

Why this practice:

Most people breathe shallowly into the chest, especially under stress. Belly breathing — or diaphragmatic breathing — restores the body's natural breathing pattern, reduces tension in the shoulders and neck, and gently anchors awareness in the body. A foundational practice for regulation.

Equal Ratio Breath

Balancing • Centering

How to practice:

Inhale for a count of 4. Exhale for a count of 4. Find a pace that feels comfortable — you can adjust to 3 counts or 5 counts as needed. Practice for 2 to 5 minutes.

■ 4 counts in • 4 counts out

Why this practice:

When we are neither over-activated nor shut down, equal-ratio breathing supports a sense of balance, clarity, and presence. This practice is especially useful between tasks, before a difficult conversation, or as a centering ritual at the start or end of the day.

[Try Simple Breathwork →](#)

5-Minute Mini Practices

Quick · Accessible · Daily Use

Each of these practices takes five minutes or less. They are designed for the middle of a hard day, the quiet moment before sleep, or the space between tasks when you need to return to yourself. No mat, no props, no experience required — just five minutes and a willingness to pause.

5-Minute Grounding Guide

Nervous-System Friendly · Anytime

Begin by feeling your feet on the floor and your body in the chair or space you're in. Take three slow breaths. Then name five things you can see, four you can feel, three you can hear, two you can smell, and one you can taste. End with one more slow breath.

Why this practice:

Interrupts anxious thought spirals by anchoring your attention to the present moment through the senses. Works anywhere — at your desk, in a waiting room, or before a hard conversation.

5-Minute Nervous System Reset

Activation · Overwhelm · After Stress

Find a comfortable position. Begin with the Extended Exhale breath (4 counts in, 6–8 counts out) for 2 minutes. Then gently roll your shoulders, release your jaw, and let your hands rest open. Spend the final minute simply noticing the quiet in your body.

Why this practice:

This sequence combines breath regulation with somatic release to move stress energy out of the body and restore a sense of ease. Especially useful after a difficult interaction or before sleep.

5-Minute Somatic Check-In

Awareness · Body Listening · Daily Practice

Close your eyes or soften your gaze. Starting at the top of your head, slowly bring your attention downward through your body. Notice any sensations — warmth, tension, tingling, numbness — without trying to change them. Simply witness. End by placing a hand on your heart and taking one breath.

Why this practice:

Regular somatic check-ins rebuild the connection between mind and body that stress, trauma, and busy living tend to erode. With practice, you begin to hear your body's signals earlier and respond to your own needs more skillfully.

5-Minute Breathwork for Overwhelm

Crisis Moments · High Activation · Grounding

Sit or lie down. Take one big inhale through the nose, then a short second sip of air at the top. Exhale fully and slowly through the mouth. This is the physiological sigh. Repeat three times. Then shift to Belly Breathing for the remaining time, placing one hand on your belly and one on your chest.

**Why this
practice:**

The physiological sigh is one of the fastest ways to reduce acute stress — it offloads carbon dioxide from the lungs more efficiently than a normal breath, rapidly calming the nervous system. Belly breathing sustains that calm.

5-Minute Philosophy Reflection

Self-Study · Contemplative · Yogic Wisdom

Choose one of these concepts to sit with today: Ahimsa (non-harm — toward yourself and others), Aparigraha (non-grasping — releasing what no longer serves), or Santosha (contentment — finding peace in what is). Take three breaths, read the concept slowly, and ask: where does this show up in my life right now?

**Why this
practice:**

Yogic philosophy offers gentle, compassionate frameworks for living. This practice invites you into self-study (svadhyaya) without pressure or performance — simply curiosity about who you are and how you move through the world.

[Try a 5-Minute Practice →](#)

A Gentle Note Before You Go

Healing is not linear. Some days a pose will feel different than it did before. Some days the breathwork won't come easily. Some days five minutes will feel like too much. All of that is okay. You are not doing this wrong.

Return to whatever called you here. Return as many times as you need. There is no graduation from Reclaim — only a continued, tender practice of coming back.

Coming Next: Relearn

When you feel ready for more structure, Relearn offers expanded pose and breathwork libraries with trauma-informed cues, deeper philosophy, and somatic frameworks for understanding your nervous system.

[Explore Relearn →](#)

Coming Next: Regrow

Ready for the full library? Regrow includes beautifully formatted downloadable guides, visual icon sets, and the complete 5-minute practice series for long-term nervous-system resilience and embodied growth.

[Explore Regrow →](#)

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