

CHAKRA HOURS

LIKE "HAPPY HOUR" BUT FOR WELLNESS!

The Workday *Reset.*

Calm your body down. Wake your focus up. Two simple tools to take back your workday.



01 · YOUR GUIDE TODAY

Nina Mua, *in your corner.*

Founder of Chakra Hours

Creator of The Workday Reset Method and this 12-class curriculum.

Trained teacher

Registered yoga teacher (RYT), focused on workplace wellbeing.

Why this work

Watched good teams burn out without the tools to catch stress early. Built this so you get them sooner.

Every Chakra Hours session is led live by a certified facilitator.



02 · A QUICK CHECK-IN

Where are you, *right now?*

1

Good

Calm and clear.

2

Okay

A bit busy, but fine.

3

Stressed

Feeling the pressure.

4

Overwhelmed

Running on empty.

03 · WHAT TO EXPECT

Two tools, one idea, *and you feel it all first.*

FIRST · FIVE MINUTES

Body scan.

A slow, guided check-in that quiets your mind and helps your body relax. We start here, before any talking.

THEN · ONE IDEA

The stress cycle.

How stress works in your body, and why a busy day rarely gives it a chance to settle.

AND · FOR FOCUS

Wim Hof breathing.

A short breathing round that wakes your body up on purpose. One easy round together.

04 · PRACTICE ONE · THE BODY SCAN

Five minutes *to free your mind.*

A slow trip through your body, head to toe. It quiets your mind, helps you relax, and shows you where you hold stress.

Jaw

Shoulders

Breath

Stomach

Hands

Legs & feet

PRACTICE · ONE · FIVE MINUTES

Body Scan.

Close your eyes. Feet flat. Just you, visiting your own body.

- 01 Settle in.**
Eyes closed, or a soft low gaze. One slow breath out. Let the chair hold you.
- 02 Scan, head to toe.**
Jaw, shoulders, breath, stomach, hands, legs, feet. Visit each one.
- 03 Just notice.**
Warmth, tightness, tingling, or nothing. Nothing to adjust, nothing to fix.
- 04 Find your spot.**
Where you feel the most tension. A good place to check in during the day.

05 · WHAT THAT JUST DID

Five minutes, *and the mind got quieter.*

Three real things just happened, right inside your body.

YOUR MIND GOT QUIETER

Your attention can only hold one thing at a time. You gave it to your body, so the to-do list waited.

YOUR BODY RELAXED

Slow, gentle attention tells your body it's safe. Your heart slows, your shoulders soften, you settle.

YOU LEARNED YOUR SPOT

The place stress shows up first for you. Now you'll notice it earlier, while it's still small.

06 · HOW TO KNOW YOU NEED A RESET

Signs your body *is asking for a break.*

01	Tight jaw	<i>Even when nothing is really wrong.</i>
02	Shoulders up	<i>Lifted up toward your ears, not relaxed.</i>
03	Short breath	<i>High in your chest, not low and slow.</i>
04	Carrying it in	<i>The last meeting follows you into the next.</i>
05	Small things bother you	<i>More than they usually would.</i>
06	Tired but restless	<i>Worn out all day, but still can't relax.</i>

07 · SOME STRESS IS GOOD

Some stress *is actually useful.*

Stress is energy. How much, and how long, decides whether it helps or wears you down.



08 · STRESS, THEN RECOVERY

Your body speeds up, *then settles back down.*

WHEN SOMETHING STRESSFUL HAPPENS

Your heart beats faster, you get a burst of energy, and you feel wide awake. It helps you handle the moment, and it's built for short bursts.

This is your stress response.

WHEN IT'S OVER

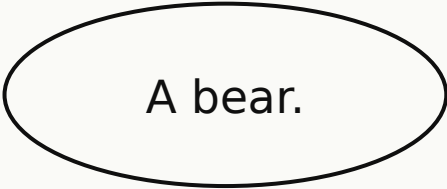
Your heart slows, your body relaxes, and you start to recover. This is where you recharge and feel like yourself again.

This is the part the body scan just brought on.

09 · A DIFFERENT KIND OF STRESS

Built for a *different kind of stress.*

LONG AGO · REAL DANGER



A bear.

Rare, and over in minutes. Then your body relaxed and recovered.

TODAY · EVERYDAY STRESS

Deadlines

Emails

Meetings

A full calendar

Errands

Running late

Small, and they don't really end. So your body rarely gets to relax.

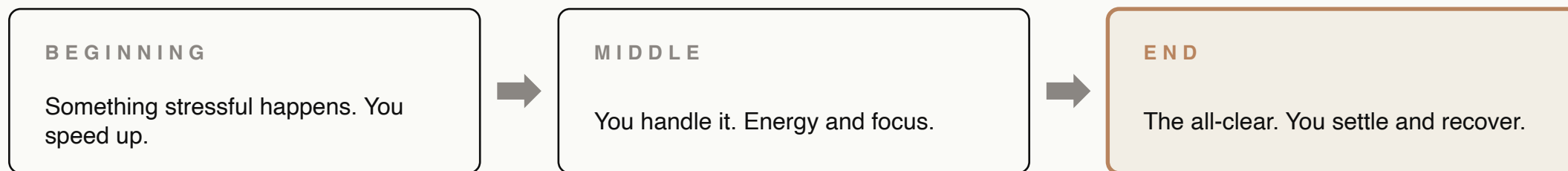
The good news: you can teach your body to relax, even on a busy day.

10 · THE PICTURE TO REMEMBER

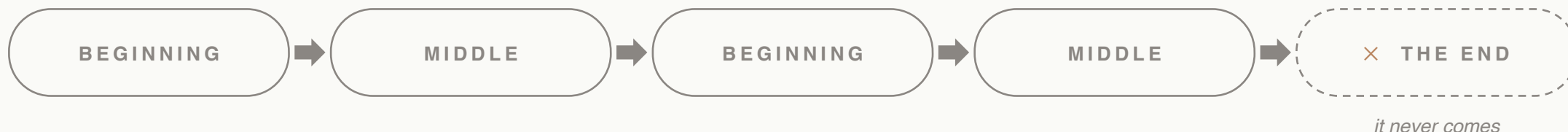
Stress is a cycle: *beginning, middle, end.*

From the book Burnout, by Emily and Amelia Nagoski.

WHAT YOUR BODY NEEDS



WHAT THE WORKDAY GIVES YOU



On a busy day it's beginning, middle, beginning, middle. Today's tools give your body the ending.

11 · YOUR BREATH LEADS

Your breath leads, *your body follows.*

SLOW, SOFT, LONG OUT-BREATH

Your body slows down with you. Your heart eases, and you relax.
We practiced this already.

Before a hard talk. After a tense call. At bedtime.

QUICK, FULL BREATHING

Your body wakes up. More energy, more alert. We'll try this in a moment.

The afternoon dip. Before something that matters.

Wim Hof *breathing.*

WHAT IT IS

Quick, full breaths.

About thirty quick, full breaths, then a calm rest with empty lungs. Made popular by Wim Hof.

WHAT IT DOES

Wakes you up.

The quick breaths bring in extra oxygen and a small, natural lift of adrenaline. Clean energy and focus.

HOW WE DO IT

One easy round.

Seated, about two minutes, never forced. A little tingling is normal. Stop any time you like.

PRACTICE · TWO · ONE ROUND

Wake up.

Thirty quick breaths, then a calm rest. Never forced.

01 **Thirty quick, full breaths.**

In through the nose, out the mouth. One after another, comfortable pace.

02 **Breathe out, and rest there.**

Fifteen to thirty seconds with empty lungs. Nothing to do.

03 **One big breath in. Hold ten. Let go.**

Then notice: clear, quiet, awake.

13 · WHAT THAT JUST DID

Two minutes, *and your body woke up.*

You brought on the energy yourself, calmly. Here's what happened.

YOU WOKE YOUR BODY UP

You brought on that speeding-up feeling yourself, calmly, sitting safely. Stress you chose, not stress that caught you off guard.

YOU FELT THE ENERGY ARRIVE

The quick breaths bring in extra oxygen and a little natural adrenaline. That tingling is simply the energy showing up.

GOOD PRACTICE FOR REAL STRESS

Each time you do this calmly, your body learns that a fast heartbeat doesn't have to mean panic. It can just mean you're ready.

Calm on command, *focus on demand.*

Calm yourself down when you need to: the body scan, and a slow, long breath out. And wake yourself up when you need to: a round of quick, full breaths. Both are simple. Both are yours.



TO CALM DOWN

Body scan. Long, slow out-breaths.



TO WAKE UP

Thirty quick, full breaths.

Both are yours to choose.

Thirty seconds, *or thirty minutes.*

WHEN YOU HAVE 30 SECONDS

Butterfly hug

Tap left, right, slow. Helps you feel calm and safe.

One long breath out

Slows your heart in just a few breaths.

Cold water on your wrists

A quick way to help your whole body settle.

Push your feet into the floor

Helps you feel grounded and present.

Hum a few bars of a song

The gentle vibration steadies your breathing.

Not for today. For your pocket. Screenshot it, pick two.

WHEN YOU HAVE 30 MINUTES

A walk

Moving your body uses up the extra stress energy.

Time with someone easy

Being around someone calm helps you feel calm too.

Write it all down

On paper, your mind doesn't have to keep holding it.

One song, eyes closed

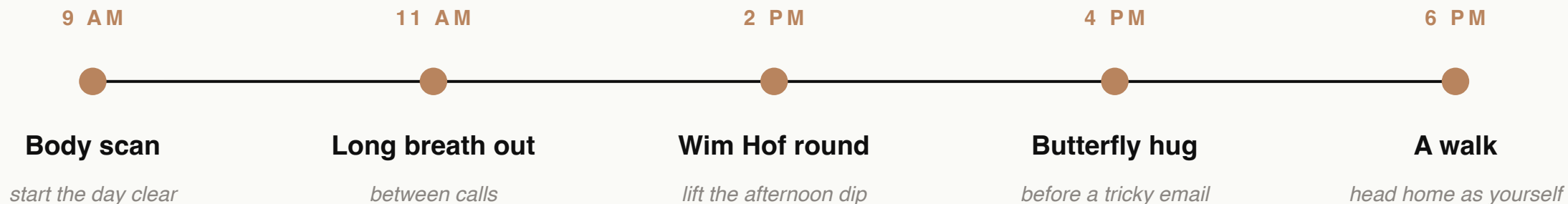
Gives your mind one nice thing to rest on.

A good cry, if it's there

One of the ways your body lets stress out. Healthy, not weak.

15 · A SAMPLE DAY

Where the tools fit *a real day.*



16 · THE BIGGER PICTURE

This is Reset.

The first of four.

01 · RESET

Reset

Notice stress early, and help your body calm down, in the moment.

You are here.

02 · RESTORE

Restore

Recharge your body. Movement, stretching, sleep.

03 · RESOURCE

Resource

Build energy that lasts. Food and steady habits.

04 · RENEW

Renew

Recover well. The harder feelings, and ending the week in a good place.

17 · YOUR ONE TAKEAWAY

What you're *taking home.*

TOOL ONE

Body Scan

Five minutes to clear your mind and help your body relax. Your daily reset.

TOOL TWO

Wim Hof round

Two minutes to feel more awake and focused when you need it.

THE LINE

You get to choose.

Calm on command, focus on demand. That's the whole class.

18 · YOUR 7-DAY EXPERIMENT

Pick one.
Once a day. For seven days.

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- | | | |
|----|--------------------------------------|---|
| 01 | A body scan every morning | <i>Five minutes, before the first meeting.</i> |
| 02 | One Wim Hof round after lunch | <i>Seated, never while driving. A natural lift.</i> |
| 03 | A butterfly hug between meetings | <i>Thirty seconds, arms crossed, slow taps.</i> |
| 04 | One long breath out before you reply | <i>Exhale first, then write back.</i> |
-

CLOSING PRACTICE · ONE MINUTE

Butterfly hug.

One last minute, together, before you go.

01 **Cross your arms over your chest.**

Hands rest just below your shoulders. A loose hug.

02 **Tap. Left, right, slow.**

A steady, calm rhythm. About thirty taps.

03 **Breathe, and let the day soften.**

A gentle way to tell your body you're safe and settled.

19 · BEFORE YOU GO

Two quick *things, in the chat.*

ONE · YOUR NUMBER

How are you now?

Same scale, one to four. Drop your number in the chat, and see if it changed from the start.

TWO · YOUR FAVORITE

Which did you like most?

The body scan, the breathing, the butterfly hug, or the long breath out? One word is plenty.

CHAKRA HOURS

LIKE "HAPPY HOUR" BUT FOR WELLNESS!

Be kind to yourself.

Calm on command, focus on demand. You get to choose.

A little more calm, a little more present, a little more you.

Thank you for sharing this half hour.

CHAKRAHOURS.COM