



— ALMEYA PATH —
PRESS • FEEL • RELEASE

YOUR FREE EVERYDAY RESET KIT

Start with breath + chest

A simple full-body flow: start at your breath, move through your upper body, then finish with a full-body check-in.



1

Breathe + expand

🕒 1 MIN

Sit or stand tall. One hand on your lower ribs. Inhale through your nose for 4, exhale for 6. Repeat 5 breaths.

WHY: Gentle breathing wakes the rib cage and helps your nervous system settle.



2

Upper chest sweeps

🕒 1 MIN

Place your palm high on your chest. Sweep lightly outward toward the same-side armpit 5 times. Switch sides. Move the skin, not the deeper muscle.

WHY: This light skin movement helps wake up the front of the body and can feel opening after sleep.



3

Wake up your shoulders

🕒 1 MIN

Roll your shoulders back 10 times. Open and close your hands 10 times.

WHY: Shoulder movement reduces morning stiffness and helps the chest and neck feel freer.



START HERE — Use a light touch. Pain is not the goal. Stop if you feel dizzy or unwell.

YOUR FREE EVERYDAY RESET KIT

Free the neck + jaw

Release everyday tension, improve circulation and help your mind feel calmer.



4

Neck release

🕒 1 MIN

Place your fingertips on the side of your neck (SCM muscle). Gently slide down from below the ear to the collarbone 5 times. Do both sides.

WHY: This helps release tension, supports lymphatic drainage and can reduce the feeling of a heavy neck and head.



5

Jaw release

🕒 1 MIN

Open your mouth slightly. Place your fingertips on the jaw muscles (in front of the ear) and make small circles for 30 seconds. Then gently slide down to the angle of the jaw and neck.

WHY: Helps release jaw tension, reduces stress and can ease headaches. A relaxed jaw can also support better breathing.



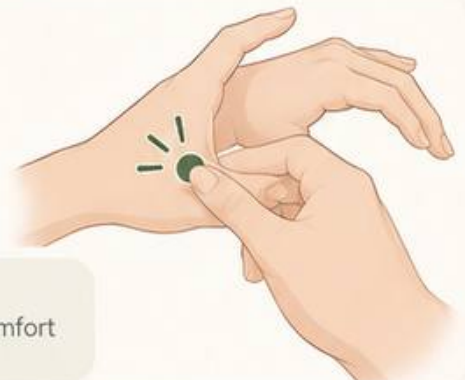
6

Hand pressure point

🕒 1 MIN

Press the point between your thumb and index finger (LI4) on the other hand. Hold for 30–60 seconds with gentle pressure. Breathe slowly. Do both hands. Avoid during pregnancy.

WHY: LI4 (Hegu) is traditionally used for headaches and facial tension. Acupressure may help ease discomfort and encourage relaxation.



TAKE YOUR TIME — Breathe. Notice the difference. Move to the next page.



— ALMEYA PATH —
PRESS • FEEL • RELEASE

YOUR FREE EVERYDAY RESET KIT

Move down through the body

From the ribs to the hips and legs, keep the flow gentle and steady.

7

Side-rib breathing ⌚ 1 MIN

Wrap your hands around the sides of your lower ribs. Inhale gently into your side ribs for 4 counts, exhale for 6. Repeat 5 breaths.

WHY: Side-rib breathing helps expand the middle of the body and supports easier movement.



8

Hip circles ⌚ 1 MIN

Standing tall, place your hands on your hips. Make 5 slow circles in one direction, then 5 in the other. Keep the movement easy and comfortable.

WHY: Gentle hip movement helps the lower body wake up and feel less stuck.



9

Calf raises ⌚ 1 MIN

Rise onto your toes and lower slowly 15 times, holding a chair if needed. Or walk around your room for 30 seconds.

WHY: Working the calves helps circulation and brings energy into the legs.



KEEP IT LIGHT — The aim is movement, not forcing. Stop if anything feels sharp or painful.



— ALMEYA PATH —
PRESS • FEEL • RELEASE

YOUR FREE EVERYDAY RESET KIT

Finish with your whole body

End with grounding and a simple full-body conclusion.

10

Wake up your feet

🕒 1 MIN

Standing or seated, press your toes into the floor and release 10 times. Then slowly lift and lower your heels 10 times.

WHY: This helps you feel the ground and brings attention into the feet.



11

Full-body shake out

🕒 1 MIN

Let your arms hang loose. Gently shake your hands, shoulders and legs for 20–30 seconds. Then stand still.

WHY: A gentle shake can help discharge tension and reset the body.



12

The final 30 seconds

🕒 30 SEC

Stand or sit quietly. Feel your feet, your legs, your chest and your face. Ask yourself: “What feels different now?”

WHY: Noticing small changes is how this practice becomes personal.



FULL-BODY CHECK-IN — Notice your breath, posture and energy before you move on with your day.

SAFETY — Use a light touch. Skip any movement or pressure that does not feel right for your body.