

[Get your Ease Keys – PowerOfEaseKeys.com](http://PowerOfEaseKeys.com)

We want each of our kids to live their best life! Best Life Body Boogie brings to our community the Ease Keys. Ease Keys are simple movement, posture, and breath practices that help our brains and bodies. When we are in ease, our nervous system is balanced, it is much easier to be in learning and connected with others. The Ease Keys are also great for stress relief and help us breathe deeply to support our health and our brains.

What helps your body create more movement, breath, and ease?

Try-out these three Ease Key scripts. See what changes for you and for your family members. Spend time getting to know your amazing body and discover how to work with it.

*The following is an excerpt from the book
Self-Regulation: Creating Habits of Ease.*

Want to learn more?

Explore the downloads, videos, books, and courses.

PowerOfEaseKeys.com



Ease Key #1: Wag Your Tail

Wag your tail to bring support, movement, and energy to your vital organs.

When the tail and tailbone are mobilized there is a mobilization up the whole spine and throughout the abdominal cavity.

Spending a lot of time sitting often leads to compression of our tailbones, a compression around the belly and digestive organs, and a compression around the heart.

This simple and fun Ease Key can help you come out of the compressed state and start feeling more vital energy! It can also help your digestion and your mood. Even the mobilization of a ½ inch can make a big difference. Energy and ease start moving up your spine to your brain.

Wag Your Tail:

Our 4-footed pets and friends demonstrate this awesome Ease Key.

1. Gently wag your tail. Take inspiration from your favorite animal.
2. Notice what else moves in your body as you wag your tail in different directions – side-to-side, back-and-forth, or in circles.
3. Observe your body and breathe.



Note: you can try Wag Your Tail in a seated or standing position.

Ease Key #2: Brain Balloon Up



Getting more circulation, oxygen, and energy to your brain can help you feel better. Brain balloon up helps us all defy gravity by gently lengthening the spine. This creates room for circulation flow and communication to and from the brain.

Especially when seated, it is common to slouch and have our heads out in front of the shoulders by several inches. Brain Balloon Up is a fun and effective remedy for the effects of gravity and poor posture.

You will start to see the link between your head position and how you feel. You will feel the benefits of getting more circulation and energy flowing to your brain.

Brain Balloon Up: Lengthen Your Spine

1. Imagine your head is filled with helium like a balloon.
2. Now feel your head gently floating upward like a helium balloon.
3. If it feels helpful, use your hands to gently guide your neck, easing it upward, away from your shoulders. Feel your spine lengthening.
4. Imagine your head filling with helium on the inhalation and feel your shoulders relaxing on the exhalation.
5. Gently discover more ease and space around the brainstem and the base of your skull.



Ease Key #3: Relax Your Jaw and Find Your Ahhh



The jaw is a common place people hold tension when they are stressed or uncomfortable. Relaxing jaw tension is a gateway to ease, releasing tension in the neck, chest, and abdomen. For many, a yawn or sigh activates the relaxation response in the body.

Relax Your Jaw and Find Your Ahhh

1. Start by yawning. It does not matter if it is a real or pretend yawn.
2. Feel the heaviness of your lower jaw and the weight of gravity. Feel the softness of your cheeks and jaw.
3. Find your ahhh or a sigh. Yawning is good for you! It activates your relaxation response and opens space in the back of your throat so you can take a deeper breath.
4. Take a few more deep breaths. Make the sound ahhh.
5. Observe your neck and jaw and breathe.

