



RETREAT PRACTICES

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"Happa happa, slowly slowly"

Inspired by a true story

This beautiful journal is born from an ancient African story about an elephant who lived to 100 while his friend the rabbit only lived to a year. In Swahili, the saying goes that the elephant lived "happa happa, slowly slowly" and lived long.

What if you could learn to live slowly slowly? To reflect and go inward to make space for what's really important. To make time to go connect, breathe, nourish, move and experience the happa happa way of life. To build resilience, be more compassionate and feel true happiness.

This is our blessing for you as you embark on the living retreat journey.

What we've learned through thousands of stories from retreats in countries all over the world, is that living slowly slowly is a powerful practice for promoting wellness in our world today.

May this journal guide you and bring you lasting wellness.

Blessings





Breathe
in



Breathe
out

BALLOON BELLY BREATHING

(Intercostal Diaphragmatic Breathing)

Sit in a comfortable seated position. Relax the body and breath naturally for a few moments, allowing your mind and body to settle.

Find your belly button and place the palms of your hands flat over your stomach area.

Breathe in slowly through your nose and imagine your stomach is a balloon you are blowing up and is expanding against your hands. Continue to inflate this balloon until you have breathed in completely.

Now slowly breathe out, deflating the balloon as your belly goes inward until you have breathed out completely .

This completes one round of belly breathing. Continue the pattern for as long as you wish. When you have finished relax both arms, sit and breathe naturally for a few moments.



In right



Out left



In left



Out right

ALTERNATE NOSTRIL BREATHING

(Nadi Shodhana)

Sit in a comfortable seated position. Relax the body and breath naturally for a few moments, allowing your mind and body to settle. Rest your left hand on your lap or knee.

Make a "peace sign" with your right hand middle and index finger. Rest them lightly between your eyebrows. Place your thumb gently onto your right nostril. Place your ring and little fingers gently onto your left nostril. Close your eyes and begin by softly closing your right nostril (using your right thumb) and inhale slowly, deeply, smoothly, gently and without strain through your left nostril. Close your left nostril (using your ring and little fingers) and release closure of your right. Exhale through your right nostril. Inhale through your right nostril.

Close your right nostril and release closure of your left. Exhale through your left nostril.

This completes one round of alternate nostril breathing. Continue the pattern for as long as you wish. When you have finished relax both arms, sit and breathe naturally for a few moments before opening your eyes.



BODY SCAN MEDITATION

(Yoga Nidra)

Lie down or sit in a comfortable position with palms facing the sky. Relax the body and breath naturally for a few moments, allowing your mind and body to settle.

Close your eyes and bring awareness to your breath through your nostrils. When you are ready breathe in and bring your awareness to different parts of your body from your feet all the way up to the top of your head.

As you bring awareness to each part of the body, breath in and breath out noticing any sensations or feelings that may arise. If thoughts enter, let them be and continue coming back to your breath and awareness.

Now bring your attention to the whole body, breathing in and out and noticing any sensations in the whole body. Once you feel complete, if lying down you can roll onto your right side and gently sit up without jerking the body. Sit and breathe naturally for a few moments before opening your eyes.



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