



# RHYTHM MUSE LEARNING

## **Get Grounded in 7 Steps (or less)**

1. One & Done! Anytime, anywhere:

(A) Stand on your feet, (if you're able; if not, sit and place feet on the floor). (B) Raise your arms over your head; and with straight arms, (C) lifting your ribs upward towards the sky, (D) breathe naturally for three complete breaths. Keep knees relaxed in a gentle bend.

One and done! OR repeat for about two minutes.

This can be done even on a bathroom break. Just close the door and up you go to breathe and ground.

Note: Reflect on how you felt before you started and after.

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2. Choose your instrument: A drum, a shaker or found sounds like two pencils, a water bottle and chopstick or a cup and spoon.
3. Find a comfortable space and settle in, then reflect on how you're feeling at this moment.
4. Address your instrument. Yes, greet your instrument. Affirm this time commitment for YOU to ground and feel grounded.
5. Inhale and exhale naturally a few times; following your exhale breath, making it a little longer than the inhale.
6. Take your instrument in hand and play your instrument. Any rhythm, any pattern will do. Enjoy your personal groove and continue playing for 6 minutes.
7. Go back to the breath and reflect on how you feel now.