

## OVERVIEW - Formell Exercises

### Breathing Exercises:

- Count breath (until 10)
- Box breathing
- 1 minute meditation
- Straw breathing
- Ujjayi
- Coffee breathing
- Nostril breathing

### Body Exercises:

- Office-Yoga

### Meditations:

- Breathing Meditation 10 Min
- Breathing Meditation 5min
- Body Scan
- Sounds and Thoughts
- Unpleasant Thoughts and Feelings
- Awareness Meditation
- Kindness Meditation
- Mountain Meditation