A SMALL RITUAL. A DIFFERENT WAY TO FEEL.

THE 5-MINUTE PRESENCE RESET

TM

You do not need to change your entire day to change how you meet it. Take five minutes to pause, release unnecessary tension, and choose how you want to move forward.

YOUR PRACTICE

01 ARRIVE · 1 MINUTE

Sit comfortably with both feet supported. Notice where your body meets the chair or floor. Soften your jaw and shoulders. Let your breathing settle naturally.

02 RELEASE · 2 MINUTES

Breathe in gently through your nose. Exhale slowly, without forcing or holding your breath. Roll your shoulders softly and relax your hands. Repeat at your own pace.

03 RECONNECT · 2 MINUTES

Ask yourself: What do I need most right now? Choose one small, kind action for the next hour. Let that choice guide you.

THE MOMENT AFTER THE PAUSE

Notice what shifted.

Perhaps nothing dramatic happened. That is okay. Presence is not about performing calm. It is about noticing yourself and making one conscious choice.

ONE QUESTION TO TAKE WITH YOU

How do I want to feel in the life I am creating?

FIVE MINUTES CAN BE A BEGINNING.

PRESENCIA™ Collective is a guided 12-week group experience. PRESENCIA™ Private offers a more personalized, one-to-one path. Explore the experience that fits your season of life.

EXPLORE PRESENCIA™

www.evelynalanis.com

A gentle practice for everyday wellbeing. Not medical or mental health treatment.