

## SUPERPOWER #4 CONFIDENCE

### I. POWER POSE

#### In practice

Mountain pose, V-shaped arms pose or Wonderwoman pose, choose your favorite power pose ! Stay in this position for 2 minutes while smiling and breathing deeply.



## SUPERPOWER #5 POSITIVITY AND JOY

### I. POSITIVE VISUALIZATION

For maximum relaxation of body and mind, it is best to perform the following exercise in a lying position.



Close your eyes... breath gently, relax. Now visualize a place that you particularly like, if possible outside: connect to all your senses, enjoying the feelings of well-being, security, lightness and hapiness.

## CONTACT



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Alice VIVIAN, founder of mojom

Speaker and trainer in wellbeing at work and talent activation, Alice VIVIAN is a certified yoga teacher, practices yoga therapy, mindfulness and NVC (non-violent communication). Also passionate about neuroscience, she mixes these disciplines in order to imagine new forms of pedagogy based on a 'head, heart and body' approach.

**mojom**  
Release your superpowers !



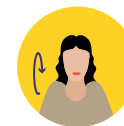
Based on yoga, mindfulness, dance and martial arts, the mojom method allows you to reconnect with your body, to regulate stress, in order to release all your powers.

## SUPERPOWER #1 BOOST YOUR ENERGY !

### I. STRETCHING RITUAL

#### Neck rolls

Make some little rolls with the head, very gently, without going too far backward ; one way, then the other. Breathe with movement.



#### Shoulder rolls

Roll the shoulders gently backwards.  
Take a deep breath.

**Chest and back stretch :** Inhale as you raise both arms to the sky, opening your chest wide and taking in as much air as possible. Exhale, bring both arms in front of you, lowering your head and rounding your back. Repeat 3 or 4 times.



**Side stretch :** Exhale as you gently stretch to the side. Inhale and come back to the center. Same thing on the other side.



**Hula hoop movement :** hands on hips, circle smoothly, back and forth.

**Circle one ankle and one wrist**

## 2. EXPRESS ENERGY BOOST

Stand up, give yourself small taps on the whole body to activate the energetic meridians.

Activate the energy on your face and scalp with gentle pressure from your fingertips.

Shake the body entirely. Take a deep breath.



To be done in the morning or during the day, as soon as you feel that the energy level is dropping! (During meetings or endless work sessions, or after lunch during digestion.)

## SUPERPOWER #2 CALM AND GROUNDING

### 1. BREATHING EXERCISES

Sit with your back straight, legs uncrossed and feet flat on the floor. Place both hands on your stomach.

**Abdominal breathing** : breathe in gently through your nose, bringing air into your stomach. Exhale through the nose, emptying all the air from the belly.



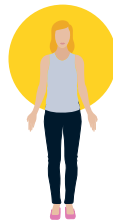
#### Deep breathing, also called " 3 parts breaths" :

Breathe in through the belly as before, then raise the air in the chest and then under the collarbones. When exhaling, lower the collarbones, empty the lungs and finally the belly. Repeat for ten breaths

To do when you feel stressed or anxious.

### 2. GROUNDING AND STABILITY : MOUNTAIN POSE

Stand with your feet slightly apart and parallel. Arms at your sides, palms of the hands turned slightly forward to open the chest. Line up the neck and spine, long and stretched. Take a deep breath and feel that sensation of grounding, stability and calm.



To do before an important meeting or appointment, before speaking in public, when the mind is agitated.

## 3. CENTERING TECHNIQUE



1. Posture : uplift and grounding
2. Breathing and centering
3. Observation and positive thinking

To do to regain calm, concentration and clear the mind before a decision.

### 4. BALANCE AND FOCUS : TREE POSE



Standing in the mountain pose, bend the left knee, place the sole of the left foot inside the right calf or thigh, opening the knee to the side. Look at a fixed point in front of you to find balance. Repeat on the other side.

To do when you need to regain concentration.

## SUPERPOWER #3 AGILITY AND INTUITION

### 1. REED EXERCISE

#### Working on resilience - Flow vs resistance

Well grounded on the floor, feel the rest of the body move freely : the hips, shoulders, arms, follow the flow. You feel strong and flexible at the same time.



### 2. INTUITIVE DANCE

Start in a standing posture, gently swinging the arms, releasing the head, the shoulders, making large pelvic movements. Close your eyes, breathe and let the body do all the movements that feels good.

To do when you need to let go, relax, cheer up.