

OPEN  HEART
WITH PRIYA RAO, MD

DAILY *meditation*

by Stephanie Yonan | Psychic Intuitive | Full Circle Intuitive Coaching

Disclaimer: This practice is for educational purposes only and is not a substitute for medical advice. See full disclaimer on page 10.

1. Settle In

this time is for you

Lengthen your spine.
Relax your shoulders.



take as long as you need

Notice any tension.
Exhale and let it go.

to anchor into this moment

Feel your seat anchored
to the ground.

you are fully supported

SIT
comfortably

2. Meditate

start here

1

Close your eyes.

2

**Rub your palms together
to create warmth.**

3

**Place your palms over
your heart.**



FEEL
your heart

4

**Feel your heartbeat.
Sense the energy here.**

5

**Think of something or
someone you love.**

6

**Let that feeling expand
into your heart space.**

Stay here for 1 minute

(or a few breaths)

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3. Center

call in all that serves

Inhale deeply
through your nose.

your highest good



release what no longer serves

Exhale deeply
through your mouth.

you with love and gratitude

TAKE
a breath

(do this once)

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4a. Breathwork

Alternate Nostril Breathing | Nadi Shodhana

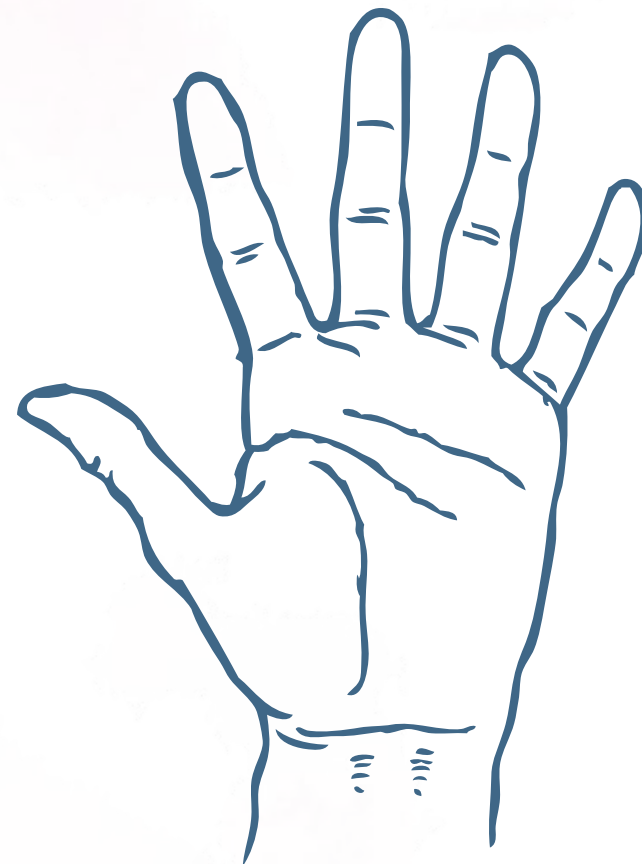


1

Bring your right hand to.
your face.

2

Rest the index & middle
fingers between your
eyebrows.



3

Place your thumb
on the right nostril.

4

Place your ring finger
on the left nostril.

PLACE
your hands

➔ 4b. Breathwork

Alternate Nostril Breathing | Nadi Shodhana

1 Grounding/Calming

Close your right nostril with your thumb.

Inhale slowly through the left nostril.

Close your left nostril with your ring finger. Pause for 1 second.

Release your thumb and exhale through the right nostril.

After the exhale, inhale through the right nostril .

Close your right nostril again using your thumb. Pause for 1 second.

Release your ring finger and exhale through the left nostril.

2 Energizing/Activating

3 Repeat for 3 minutes

That's one full cycle.

Continue for about 3 minutes, breathing evenly and gently.

LET'S
breathe

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5. Final Release

Inhale deeply
through both
nostrils.

hold for a moment



make an audible release

Exhale audibly
through your
mouth.

Let it be whatever sound
wants to come out. No
judgment, simply release.

NOTICE
how you feel

balanced, open, and ready for the day

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1 page print-out

If you have any questions about this practice or future requests, we'd love to hear from you.

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**To connect with our guest,
Stephanie Yonan, visit her website:
www.fullcircleintuitivecoaching.com.**

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Heart-Centered Daily Practice by Stephanie Yonan

1. Settle In

Sit comfortably. Feel your seat anchored to the ground.

Lengthen your spine. Relax your shoulders.

Notice any tension, exhale and let it go.

2. Heart Connection (1 minute)

Close your eyes.

Rub your hands together to create warmth.

Place your palms over your heart.

Feel your heartbeat or sense the energy there.

Think of something or someone you love — a person, place, or memory.

Let that feeling expand in your heart space.

3. Centering Breath

Inhale deeply through your nose.

Exhale through your mouth with a gentle sigh.

4. Breathwork (3 minutes; Alternate Nostril Breathing)

Bring your right hand to your face.

Rest the index and middle fingers between your eyebrows.

Place your right thumb on the right nostril, and your ring finger on the left.

Close your right nostril with your thumb. Inhale slowly through the left nostril.

Close your left nostril with your ring finger. Pause for 1 second.

Exhale through the right nostril.

Inhale through the right nostril.

Close the right nostril again. Puase for 1 second.

Exhale through the left nostril.

That's one full cycle. Continue for about 3 minutes, breathing evenly and gently.

5. Final Release

Inhale deeply through both nostrils.

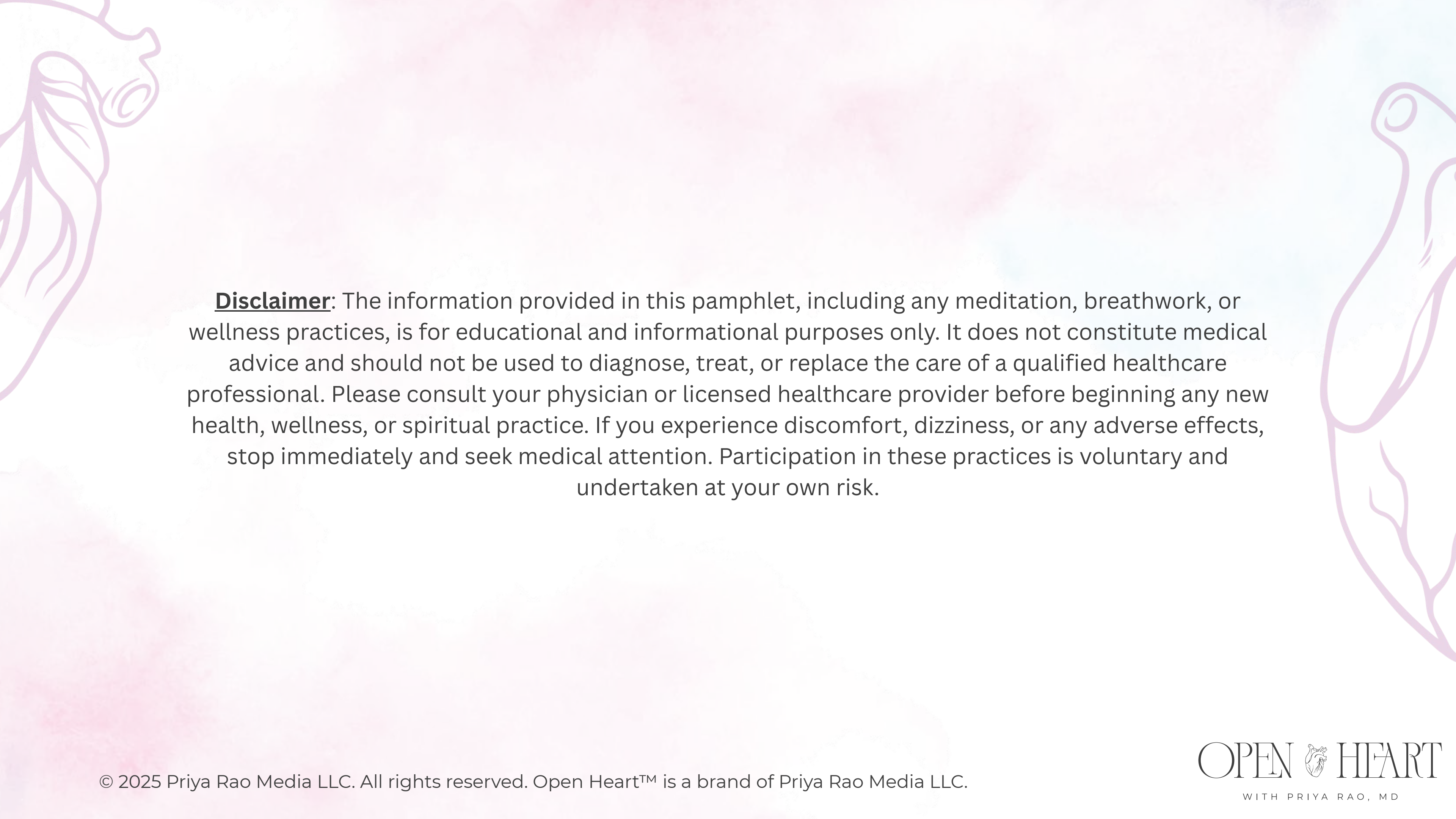
Hold for a moment.

Exhale through your mouth, making an audible release.

Let it be whatever sound wants to come out. No judgment, just release.

Sit quietly.

Notice how you feel. Balanced, open, and ready for the day.



Disclaimer: The information provided in this pamphlet, including any meditation, breathwork, or wellness practices, is for educational and informational purposes only. It does not constitute medical advice and should not be used to diagnose, treat, or replace the care of a qualified healthcare professional. Please consult your physician or licensed healthcare provider before beginning any new health, wellness, or spiritual practice. If you experience discomfort, dizziness, or any adverse effects, stop immediately and seek medical attention. Participation in these practices is voluntary and undertaken at your own risk.