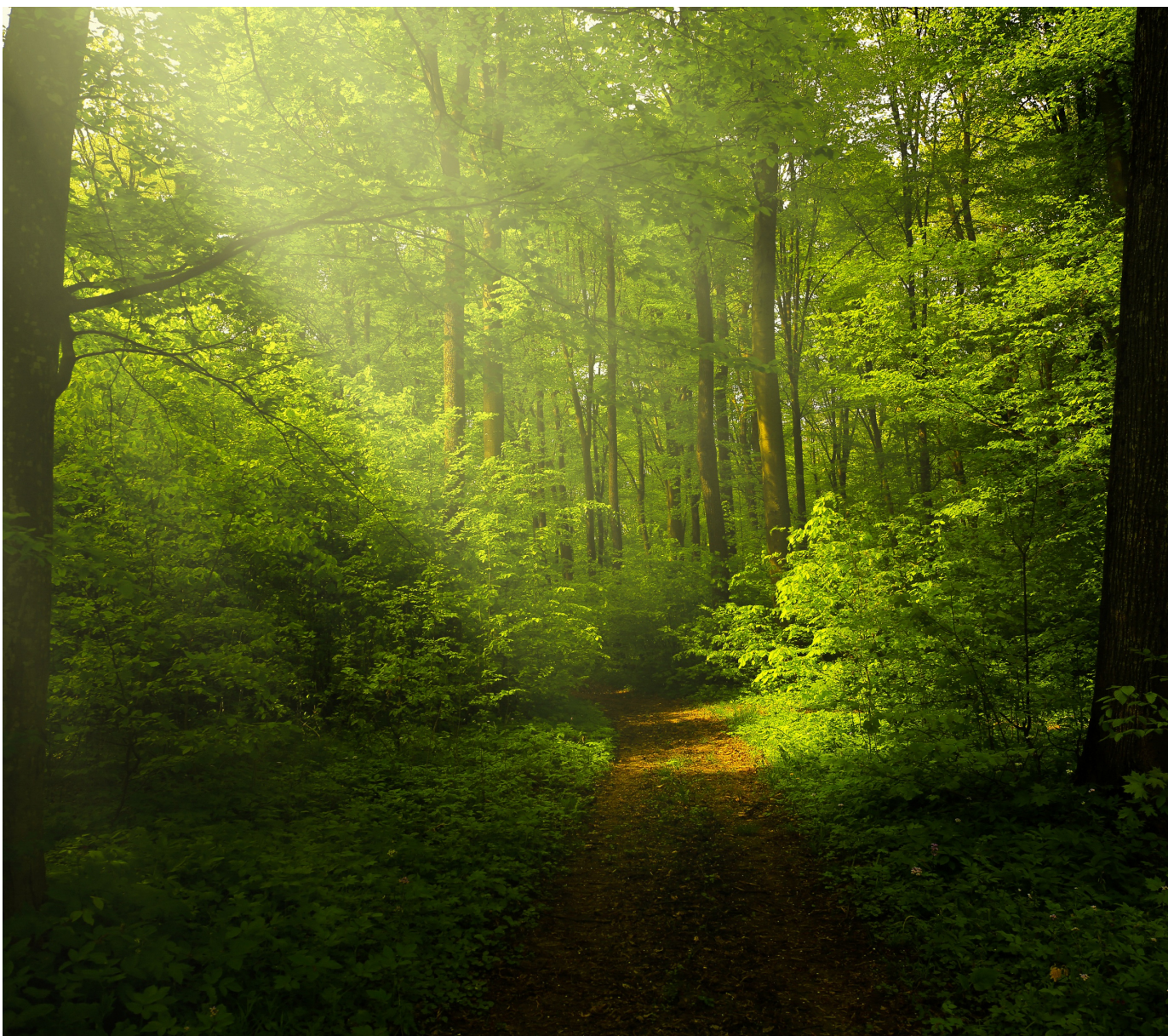


F i t n e s s
CHIX

Mindfulness



Meditation guide



VISIT OUR WEBSITE - [FITNESSCHIX.COM](https://www.fitnesschix.com)

INSTAGRAM - [@FITNESSCHIXUK](https://www.instagram.com/fitnesschixuk)

F i t n e s s **CHIX**



About us . . .

FITNESS CHIX IS ABOUT STRENGTH, CONDITIONING, MOBILITY & MINDFULNESS.

WE OFFER ONLINE TRAINING PROGRAMS TO DO IN THE COMFORT OF YOUR OWN HOME.

PROGRAMS INCLUDE TARGETING SPECIFIC ELEMENTS OF YOUR TRAINING TO ACHIEVE YOUR GOALS

Our Mission . . .

OUR AIM IS TO ENCOURAGE YOU TO STRENGTHEN YOUR BODY, CULTIVATE YOUR MIND, AND ADOPT SKILLS THAT SUIT YOUR LIFE



Our Philosophy. . .

BY CULTIVATING YOUR PURPOSE IN LIFE, IDENTIFYING WHAT YOU WANT, ADJUSTING YOUR HEALTH AND WELLBEING TO SUIT WILL AUTOMATICALLY FALL INTO PLACE

Our Mantra. . .

UNLEASH YOUR INNER GODDESS



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What Our Clients say

TULSHI GOT ME THROUGH SOME OF THE HARDEST TIMES IN MY LIFE MENTAL HEALTH WISE WITH HER SUPPORT, DURING PANIC ATTACKS. WITHOUT TULSHI I WOULDN'T HAVE THE POSITIVE RELATIONSHIP WITH EXERCISE I DO NOW AND AM NOW MORE COMFORTABLE TO WORK OUT



I THOROUGHLY RECOMMEND TULSHI AS A COACH AND AN OVERALL ASSET TO ANY FITNESS GOALS YOU MAY WANT TO ACHIEVE.

I'D BEEN TRYING TO OVERCOME PREVIOUS INJURIES AND SHE HAD CREATED A PROGRAMME TO MAKE THESE A THING OF THE PAST. TULSHI MADE THE SESSIONS VARIED, ENJOYABLE AND CONSTANTLY DEVELOPING.



'AFTER YEARS OF NEGLECTING BOTH MY PHYSICAL AND MENTAL HEALTH, AND HATING WHAT I SAW IN THE MIRROR; I FINALLY DECIDED IT WAS TIME TO MAKE SOME HUGE CHANGES. TULSHI HAS BEEN A HUGE MOTIVATOR AND INSPIRATION WITH ALL HER POSITIVITY AND SUPPORT!

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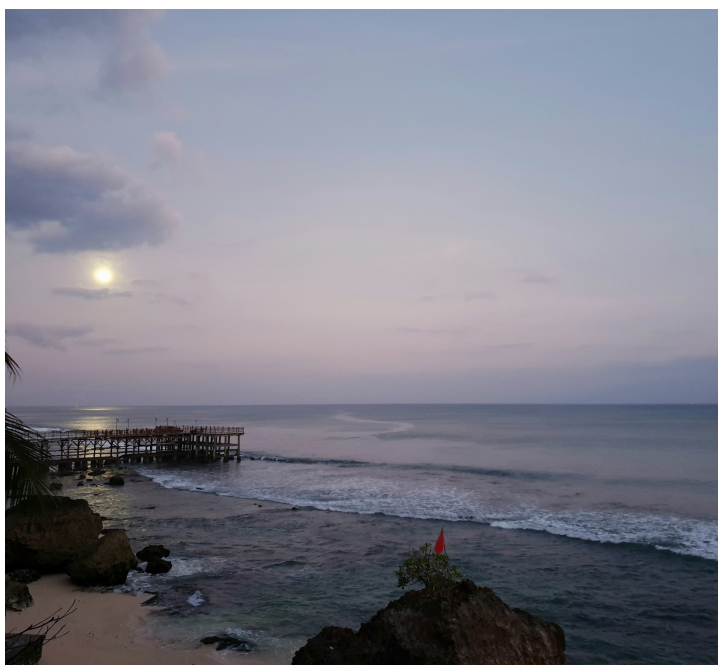
F i t n e s s **CHIX**

Meditation Breathing

BREATHE IN FOR A COUNT OF 4

PAUSE FOR A COUNT OF 7

EXHALE FOR A COUNT OF 8



BREATHE IN FOR A COUNT OF 4

EXHALE FOR A COUNT OF 4

BREATH IN - COUNT ONE
BREATH OUT - COUNT TWO
BREATH IN - COUNT THREE
BREATH OUT - COUNT FOURTH
BREATH IN - COUNT THREE
BREATH OUT - COUNT TWO
BREATH IN - COUNT ONE
BREATH OUT - COUNT TWO
REPEAT



PLACE ONE HAND ON YOUR CHEST
PLACE THE OTHER HAND ON YOUR
STOMACH

TAKE A DEEP BREATH IN THROUGH THE
NOSE

FEEL YOUR HAND ON YOUR STOMACH
MOVE AS YOU INFLATE YOUR
DIAPHRAGM WITH AIRSLOWLY
RELEASE YOUR BREATH



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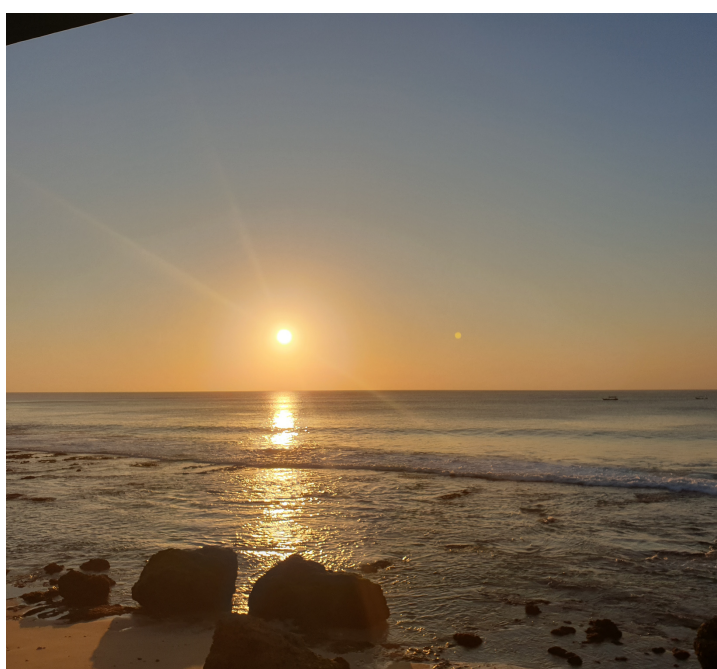
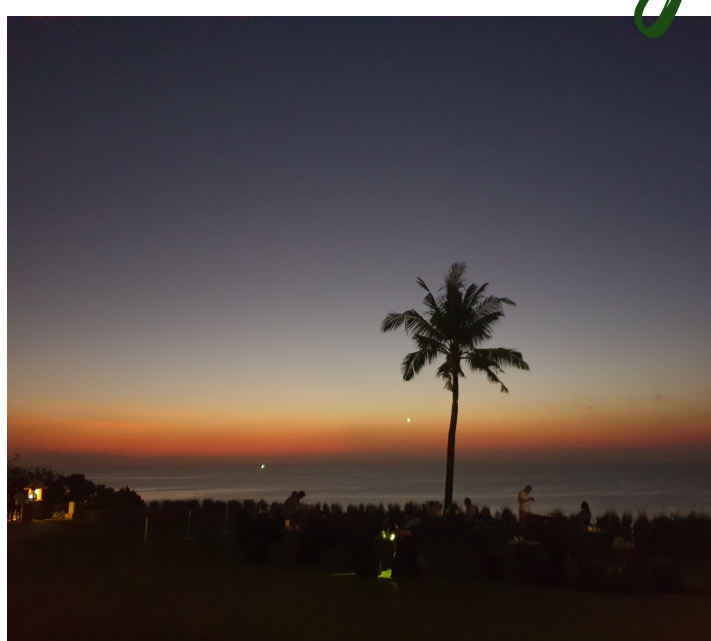
Fitness CHIX

Meditation Breathing

PLUG YOUR RIGHT NOSTRIL WITH
YOUR RIGHT THUMB
TAKE A DEEP BREATH THROUGH THE
LEFT NOSTRIL
REMOVE YOUR THUMB FROM YOUR
RIGHT NOSTRIL AND PLUG YOUR LEFT
NOSTRIL WITH YOUR RING FINGER

SLOWLY EXHALE

REPEAT

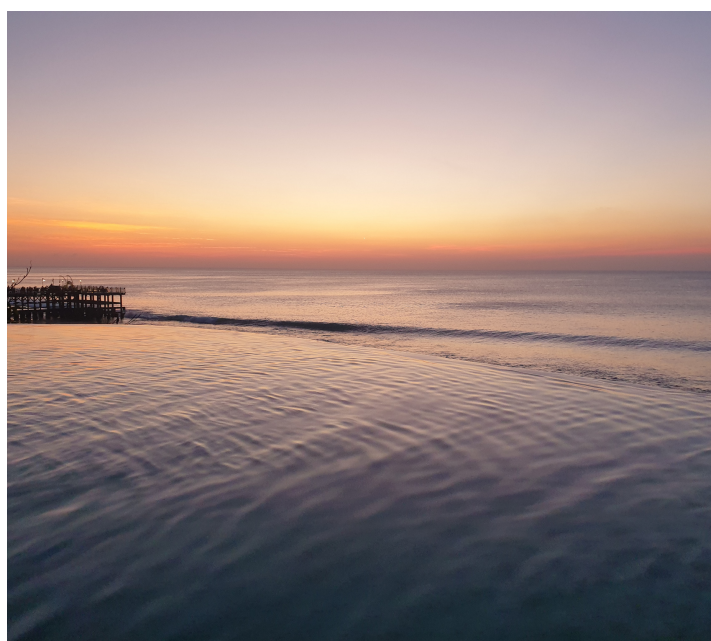


TAKE A LONG, SLOW BREATH
INQUICKLY LET OUT A POWERFUL
EXHALE FROM YOUR DIAPHRAGM OUT

REPEAT

CHOOSE A MALA BEAD SPECIFIC TO
YOUR INTENTION (REASON FOR DOING
THE BREATHING TECHNIQUE)
HOLD THE MALA BEAD IN YOUR RIGHT
HAND
DRAPE IT BETWEEN YOUR MIDDLE AND
INDEX FINGER
STARTING AT THE GURU BEAD, MOVE
YOUR THUMB ALONG EACH SMALLER
BEAD, BREATHING IN FOR EACH

DO THIS 108 TIMES, UNTIL YOU'RE
BACK AT YOUR GURU BEAD



YOU HAVE TO TEACH YOURSELF HOW TO BREATHE PROPERLY IN ORDER TO
MAXIMIZE THE BENEFITS, AND THERE ARE SEVERAL BREATHING TECHNIQUES YOU
CAN USE, IN PARTICULAR, WHEN MEDITATING.

FIND A COMFORTABLE SPOT
PUT SOME GENTLE MUSIC ON OR FIND A QUIET SPACE
TAKE IN THE MOMENT TO TUNE YOUR ATTENTION TO YOUR BREATHE
GO EASY ON YOURSELF,
WHEN YOUR ATTENTION IS DISTRACTED,
COME BACK TO YOUR BREATHING

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Fitness **CHIX**



*Our training platform
offers guided meditation journey. . .*

STRENGTH
CONDITIONING
MOBILITY
MINDFULNESS

Our online community. .

OFFERS PRIVATE ACCESS TO
FACEBOOK GROUP WHERE WE SHARE
PERSONAL STORIES AND EXPERIENCES
WITH OTHER FITNESS CHIX MEMBERS

INSTAGRAM - SHOWCASES
INSPIRATIONAL MOVES, QUOTES AND
ACCESS TO OUR BOOK CLUB

YOUTUBE
GIVES YOU A WIDE VARIETY OF ALL
THE VIDEOS INCLUDING MINDFULNESS
& LIVE EVENTS EACH WEEK!



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