

Your Power-Pause

Recharge your batteries
in just 3 minutes –
even at your desk

FOR MORE EASE AND STRENGTH
IN YOUR DAILY LIFE

astrid.coach



Why is the Power Pause so valuable?

Sometimes just a few minutes are enough to recharge your batteries and tackle your day with a fresh perspective.

Here are three reasons why this simple exercise can change your life:

- The Power Pause helps you shake off the stress of the day and regain focus in no time.
- It strengthens your connection to yourself and brings you back to the present moment.
- Just a few minutes are enough to calm your mind and boost your energy and creativity in a sustainable way.



How to do the Power Pause

1. Get into position

Sit relaxed and upright on your chair. Alternatively, stand by a window – open it if you're brave, and the weather permits. Consciously move your shoulders, loosen them, and release any tension in your neck.

2. Tune in

Breathe in slowly through your nose and feel the air filling your belly. Let go of everything that's distracting you right now. This is your moment for yourself.

3. Start breathing

- **Inhale (4 seconds):** Take a deep breath through your nose and count to 4. Feel the fresh, clear air flowing through your body.
- **Hold (5 seconds):** Hold your breath and count to 5. Let the energy flow into every cell.
- **Exhale (6 seconds):** Gently breathe out through your mouth, counting to 6, and let go of anything that is weighing you down.

4. Repeat

Repeat this breathing cycle 4-5 times. It takes just 2-3 minutes and is enough to calm your mind and supply your body with oxygen.

5. Feel the effect

Allow yourself a moment of calm before you move on. Notice what has changed – perhaps more clarity in your mind and lightness in your body. If you like, give yourself a little smile – *just for you*.

About me – Your Coach for inner Freedom



“Freedom means making decisions that are good for you.”



I'm **Astrid von Weittenhiller**, Master Coach for inner Freedom.

My mission is to help successful women like you who feel exhausted and stuck. Together, we'll find ways to bring clarity, strength, and ease into your life – on your terms.

I work with the *Think-Feel-Act-Method*. It helps you let go of stressful habits and find out what else is possible for you.

My coaching creates a space in which you can rediscover yourself – free from pressure, with a genuine focus on your strengths and desires.

Ready for more?

Try the Power Pause and feel how it can support you. Or let's explore in a free consult call how I can help you on your journey.

👉 **Book your free info call here:**
<https://astrid.coach/call>