

FORWARD FOCUS

LONDON



Pause Reset Renew



Hi, I am Bhavya,

Welcome

**"Pause, Reset, Renew" means ...
finding quiet moments, refocusing on what matters, and
refreshing yourself inside and out.**

"Pause, Reset, Renew" is all about taking breaks in our busy lives to recharge. These pauses give us time to think about what's important to us, like our goals and values. Stepping back from the rush helps us feel better in our bodies and minds. It also helps us become stronger and more adaptable.

I'd like to share some easy tips and techniques which can be practised anywhere to gain calm and focus that I personally find incredibly valuable, and I hope it brings you comfort as well. Easy because life is complicated and complex enough, what we need is 'Simple'.

If you already have meditation routines that work for you, please feel free to continue with those. There's no right or wrong way to meditate; it's all about finding what resonates with you personally. The main goal is to cultivate a greater sense of presence in the moment and to ease the racing and overthinking mind.

Embrace the journey of exploration, and let the positive energy flow through you, bringing transformative changes into your life.



A Simple Breathing Technique for Centered Living

Here's a simple way to stay centered and present, which you can practice anywhere, anytime. You can do it with your eyes open, closed, or with a soft gaze. I seamlessly integrate this technique even during conversations. It's straightforward:

Breathe in for a count of 1, 2, 3, 4...

Hold for 2, 3, 4...

Breathe out for a count of 1, 2, 3, 4, 5.

Make sure your exhale is slightly slower.

Repeat as often as you'd like



Relaxation Techniques Infused with Meditation Few of My Go-To Methods for Inner Peace

Nature Walk: Take a leisurely stroll outdoors, immersing yourself in the sights, sounds, and smells of nature.

Yoga: Engage in a series of gentle yoga poses, coordinating movement with breath to promote relaxation and mindfulness.

Tai Chi: Practice slow, flowing movements combined with deep breathing to center the mind and body.

Journaling: Spend time writing down your thoughts, feelings, and reflections to release tension and gain clarity.

Listening to Music: Choose soothing melodies or nature sounds to calm the mind and induce a meditative state.

Mindfulness Meditation: Sit quietly and focus your attention on your breath, bringing your mind back to the present moment whenever it wanders.

Aromatherapy: Using essential oils or scents to promote relaxation and reduce stress through inhalation or topical application.



Finding Balance Through Creativity

Engaging in creative practices offers avenues for self-expression, exploration, and growth. Introducing creative activities into daily routines fosters imagination, innovation, and a deeper connection to oneself and the world.

I like to share few of my creative pursuits....

Photography: Capturing images and moments through the lens of a camera to convey stories, perspectives, and emotions visually.

Crafting: Making handmade items such as jewelry or pottery to express creativity and connect with materials.

Dance: Moving the body rhythmically and expressively to music or sound, allowing for emotional and physical expression.

Cooking: Experimenting with recipes and ingredients to create delicious and visually appealing dishes, expressing creativity through food.

Candle Making: Through the process of melting, pouring, and molding wax, candle makers can experiment with colors, scents, and designs to create unique candles tailored to their preferences.



Body Scan Meditation

This is something I have started practising for a while, so I wanted to share the same with you. It involves systematically directing attention through the body, from toes to head, noting sensations and releasing tension.

With each breath, you invite a sense of calmness and ease into your body, letting go of any tension or tightness you may encounter. I personally like to imagine gold or white light replacing stress and tension in my body. I prefer lying down flat and practising the same, however you can also do it while sitting on a chair or on the ground, whatever you are comfortable with

As you progress through the body scan, you may notice subtle shifts in your physical sensations, emotions, and overall state of being. By the time you reach the top of your head, you have cultivated a deep sense of relaxation and presence throughout your entire body. promotes deep relaxation, leading to shifts in physical sensations and emotions, fostering overall well-being.

Benefits include stress reduction, improved sleep, and heightened body awareness, making it a valuable practice for daily relaxation and self-connection.



The effectiveness of all relaxation and meditation methods is highly subjective, and what matters most is how they make you feel. It doesn't matter which method you follow, the key is to find a method or combination of techniques that resonate with you personally. Whether it's meditation, deep breathing, journaling, or any other practice, the goal is to enhance your overall state of relaxation and presence, ultimately promoting a positive and balanced mindset.

***"Working with Bhavya for 9 months was truly transformative. Her guidance and practical tools helped me reduce my procrastination. She's not only sympathetic but also practical, nudging me to take positive steps I couldn't manage doing this alone." -
Beca, self employed***

I met Mrs. Arora when I was unsure about my career path. With her help, I improved my CV and skills, which boosted my confidence. After 8 sessions, I landed the job I always wanted. Thank you, Mrs. Arora! - Will, marketing manager

***Overall I found the service to be excellent – very enjoyable and helpful. I am better at leading and mentoring my team now, specially understanding the need to include mindfulness" -
Rick, team leader, media company***

I feel energised, confident and am committed to brings my visions to life. I learnt ways to manoeuvre my self limiting beliefs and fear of failure - Abby head teacher, primary school

You are reading this for a reason as you are ready to change

BOOK YOUR FREE 30 MINS CLARITY CONSULTATION

<https://calendly.com/forwardfocuslondon/30min>

or

Email: bhavya@forwardfocuslondon.com

***“In Silence there is eloquence. Stop weaving and see
how the pattern improves” - Rumi***



**"This New Version Of You Is Within Reach
So Let's Stretch Your Potential And Make It Happen!"**

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