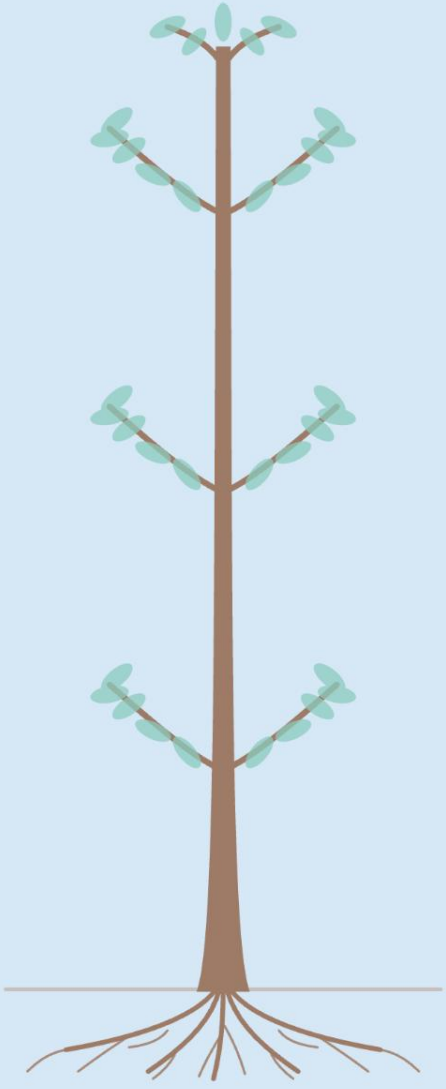
Glo's grounding tree

Feeling pulled in every direction? *Grow some roots.*

Seven small practices from Glo co-founder Lisa Brooks Mills to carry you through busy seasons of every kind



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The grounding tree

Seven ways to steady yourself

One word

Choose one word to return to and steady you: peace, grace, here.

Hand on heart

Eyes closed. Come home to yourself, even briefly. Signal safety to your body.

Touch the earth

A stone in your pocket. Shift your focus away from anxious thoughts.

Stand rooted

Roots grow from your feet. Shoulders back, breath to your belly.

Micro moments

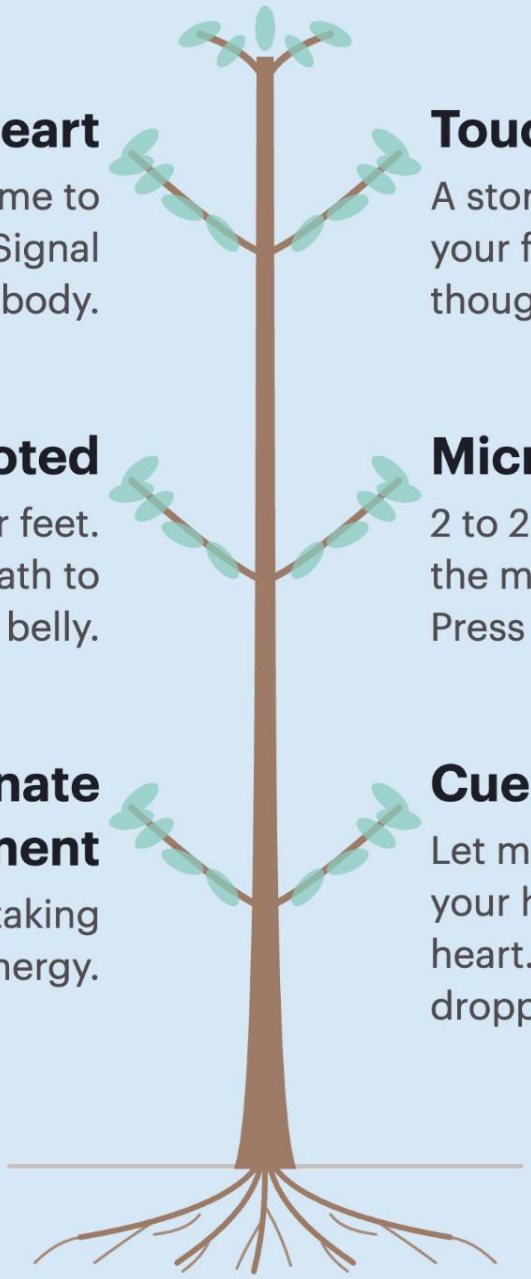
2 to 20 minute Glo classes for the moments in between. Press play. We've got you.

Compassionate detachment

Care deeply without taking on others' energy.

Cue the music

Let music move you out of your head and into your heart. A quick path to dropping in.



Keep coming back. You'll falter. You'll get triggered.
This tree is your anchor.

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Keep coming back

Let joy set the pace

The blog

Notice when you start to rush. Pause, and redirect. Your power is in the present moment, so let joy lead the way. Dive deeper into each practice, and create your own grounding protocol.

Micro Moments Collection

Meditation, savasana and yoga nidra, from 2 to 20 minutes. Simply show up. We'll hold the space.

Grounding Flow playlist

Songs to root you, lift you, and bring you back. Oh, the power of music!



Protect your nervous system and slow down.