

Content Library Guide



Psalm 46:10

Connection Calls	Recorded group Zoom calls with Monica, focused on accountability, education, answers, and inspiration. Featuring presentations, devotionals, Q&A, and prayer.
LIVESTREAMS	Recordings of our full, live classes. Includes all seven components: Scripture meditation, postural alignment, deep breathing, fascia release, strength training, cognitive training, stretching. About 50 minutes.
Neshama Signature Breathing Technique	A short tutorial and explanation of our signature breathing technique called Neshama, which means breath of life in Hebrew. Also includes a PDF visual explanation.
The Still Sessions	Short informative/inspirational videos designed for further education and understanding of the brain, the body, and the soul. About 3-15 minutes.
Deeper Still	Videos of our full classes, including all seven components: Scripture meditation, postural alignment, deep breathing, fascia release, strength training, cognitive training, stretching. About 50 minutes.
Stronger Still	Videos focusing on strength training. Some require resistance bands. Links to what was used in class here: https://thestillworkout.com/supplies About 20 minutes.

Freer Still	Videos focusing on fascia release, pulled from our LIVESTREAM classes. About 25 minutes.
Sleepy Still	Designed to listen to before bed, utilizing stretching, deep breathing, and Scripture to calm the brain, body, and soul in preparation for deep sleep. About 10 minutes.
Still Morning Sunrise	Designed to listen to just after sunrise, outside with bare skin to the earth (feet on ground, dirt, sand, water, concrete, grass, or hand on tree, etc) and eyes gazing skyward to the east at the bright part of the sky, not directly at the sun. Usher in the day with proper light in the eyes, all the benefits of grounding, and connecting with God in His creation. About 3-5 minutes.

