ELVT
MOVEMENT

FREE GUIDE · ELVT

Breathe Move Feel

Your daily ELVT practice

Elevate how you breathe, move, and feel.

A free guide from AJ Londono
Coach · Consultant · Adventure Guide

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START HERE

A map, not a box

ELVT is a framework. A map for how humans breathe, move, and feel.

It's not a box to live in. It's gear for the journey: orientation, curiosity, and a reason to keep exploring.

The first proof is the breath. Then the body. Then any skill you choose, run through the same four phases:

Explore · Load · Vanquish · Tune

Three ideas carry the whole practice:

- **Awareness without judgment.** Notice what's there. It's data, not a problem.
- **Think less, feel more.** Let the body make sense of what's coming in.
- **How you do one thing is how you do everything.** Breath and movement are the proof.

How to use this guide

One breath drill. One movement sequence. One check-in. Every day.

5 minutes or an hour. It's the intention behind the actions that gives it purpose.

1 · BREATHE

The ELVT breath

Breathing keeps you alive, and most of it happens on autopilot. So let's explore it on purpose.

EXPLORE · begin with awareness, and without judgment

1. Sit or stand. Soften the jaw. Drop the shoulders.
2. Notice the breath coming in and going out. Don't change it yet.
3. Notice the room, your position, any thoughts. That's data, not a problem.

LOAD · think less, feel more

1. Breathe slower. Pause after the inhale. Pause after the exhale.
2. Breathe deeper. In through the nose. Out through the mouth, like blowing out a candle.
3. On each exhale, let go of one place of tension.
4. Feel the heart and mind begin to slow.
5. Inhale: invite the new. Exhale: a sigh of relief.

VANQUISH · the peak of this simple practice

1. Give this round the same attention as every round before it.
2. Go as deep as this breath will go. No forcing.

TUNE

1. Release the exercise and just be.
2. Absorb what is useful. Discard what is not. Add what is uniquely your own.

2 · MOVE

Build a body map

Your body is the vehicle you're piloting through reality. Go joint by joint, using your breath like a metronome.

1. **Stand aligned.** No expectations. Move each part and scan it.
2. **Neck circles.** Alternate sides. If there were a paintbrush on your head, how big a circle could you paint?
3. **Shoulder circles.** Inhale, shrug to the ears. Exhale, draw them down. Biggest circle you can. Switch directions.
4. **Arm, elbow, wrist.** Circle each joint both ways. Let the breath carry you through the tension.
5. **Forward fold.** Exhale down joint by joint, like a balloon deflating. Inhale and stack back up, tall.
6. **Spinal rotations.** Soft and fluid. Inhale through center, exhale as you twist. Let the head and eyes follow.
7. **Hip, knee, ankle.** Circle each joint both ways. Move the toes.

THEN EXPLORE THE FIVE PATTERNS

Squat Hinge Push Pull Rotate

Breathe into each position, and breathe out of it. That's how you find out how you're breathing, moving, and feeling today.

3 · FEEL

Tune in

Slow down and take in what just happened.

Take one breath. How at home do you feel in your body right now?

1 2 3 4 5 6 7 8 9 10

No score. No right answer. Just notice.

QUICK SCAN

- **Mind:** What's on my plate today? How clear do I feel?
- **Breath:** Slow and steady, or quick and high?
- **Heart:** What am I feeling? What's pulling me forward?
- **Body:** Where do I feel open? Where do I feel tight?

MIND CURRENCY

Picture your attention as a jar of 100 coins. Pour them on the table. Where are they going today? The more you see where you spend it, the more likely you are to spend it wisely.

Absorb what is useful. Discard what is not. Add what is uniquely your own.

SCREENSHOT THIS PAGE

Your daily practice

Breathe

Explore → Load → Vanquish → Tune

Notice it. Slow it. Deepen it. Let it go.

Move

Body map, top to bottom

Neck · shoulders · arms · fold · spine · hips · knees · ankles. Then squat · hinge · push · pull · rotate.

Feel

One breath, one number

"How at home do I feel in my body right now?" 1–10. Then Mind · Breath · Heart · Body.

5 minutes or an hour. It's the intention that counts.

THIS WEEK

M T W T F S S

KEEP GOING

Three ways in

ELVT isn't a straight line. It's a cycle: explore and tune, again and again. When you're ready for more:

Learn a skill

Rope Flow Academy: White Belt Manual, 3rd Edition. The four foundational patterns: Race & Chase, Matador's Wheel, Dragon Roll, Sneak.

White Belt Manual · $27

Move with other humans

Flow Social. Two hours. Learn a skill. Meet the room. Join the Movement.

Upcoming Flow Socials

Talk it through with me

Clarity Call · 30 min · $125. Get clear on your next step.

Book at elvt.me/#book

And if you want the whole map, turn the page. →

WHEN YOU WANT MORE

The full map

This little guide is the daily practice. The Human Guide is where it all comes from: the whole ELVT framework, written down.

ELVT: A Human Guide to Elevating Reality

The four phases, the pillar principles, the concepts that keep showing up in the reps, and the full breath and movement practice. Plus a session card, a 7-day log and a self-awareness check to fill out.

Digital PDF, 31 pages, by AJ Londono

Human Guide · $24

The game is yours to play. Enjoy the journey. — AJ

Move within what feels good for your body. This guide is general education, not medical advice.