

RAPID RECOVERY RITUAL

A simple three-step practice to help calm mental
overwhelm and reset your nervous system
in just a few minutes.



AMY EVANS

HOLISTIC

RAPID RECOVERY TECHNIQUE

This technique is a powerful, three-step practice to quickly restore balance and reset your nervous system. Breathwork to calm the body, Karate Tap to quieten negative thoughts, and K27 Tap aligns energy and encourage endorphin release.

BREATHE

Ensuring a longer exhale than inhale will help to transition you from sympathetic (fight/flight) to parasympathetic (rest/digest) nervous system.



KARATE TAP

With four fingers tap the fleshing part of the outside edge of your hand. Helps to centre your energy and quieten negative thoughts.



K27 TAP

With two fingers tap just below the bottom end of your collar bones. Aligns the body's energy system and encourages the release of endorphins.

ABOUT ME



Hi, I'm Amy Evans—a holistic performance coach dedicated to empowering ambitious women to redefine success on their own terms.

After a successful corporate career and my own journey into motherhood, I made a bold decision to chart a new course and design a life on my own terms.

I've built a practice that blends coaching, kinesiology, and energy work to help women like you create substantial, flexible businesses and lives that feel truly aligned.

I believe we deserve to feel powerful, purposeful, and fulfilled—without sacrificing ourselves or our families.

I hope these practices give you simple ways to reset, realign, and step back into your day with more clarity, confidence, and momentum.

Stay connected — I'd love to hear how you get on. You'll find me on Instagram, or you can explore more about my work on my website.



[@amyevansholistic](https://www.instagram.com/amyevansholistic)



amyevansholistic.com

Amy

AMY EVANS
HOLISTIC

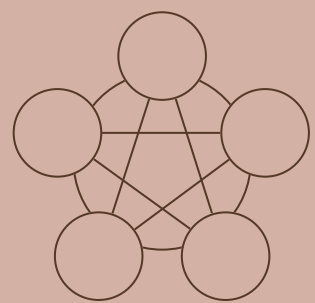
RAPID
RECOVERY
RITUAL

Get in touch

amyevansholistic.com

[@amyevansholistic](https://www.instagram.com/amyevansholistic)

amy@amyevansholistic.com



AMY EVANS
—
HOLISTIC