



⚡ The Sanctuary for Life Quick Start Guide

Whether you are recovering from burnout, navigating a life transition, or simply seeking a deeper connection to yourself, here is a 10-minute *Micro-Practice* to experience the four pillars of our FYRN approach:

- 🧬 **Fascia-Informed:** Gently *bounce* or sway side-to-side. This micro-movement hydrates the fascia more effectively than a static stretch.
- 🧘 **Yoga-Inspired:** Reach your arms slowly toward the sky (Inhale), then fold forward softly (Exhale), letting your head hang heavy.
- ✨ **Reiki-Empowered:** Bring your hands to your heart or belly. Close your eyes and visualize a warm, golden light filling your body, offering yourself a moment of gratitude .
- 🌿 **Nature Infused:** Stand near a window or outdoors. Feel your feet making firm contact with the ground.