



MASSAGE ARTISAN

MINDFUL MOTTOS & RITUALS

March

AWAKEN

“Gently awaken your body, clear your mind,  
and embrace the renewal of spring”

DO LESS OF:

- Sedentary Time
- Heavy Foods
- Stagnant Routines

DO MORE OF:

- + Gentle Movement
- + Fresh Green Juices
- + Nature Walks

March Awakening Rituals:

 Practice Breathwork

 Inhale Uplifting Essential Oils

 Stretch in the Sunlight

 Enjoy a Detox Massage/Bath

 Try Contrast Therapy

 Be Gentle with Yourself

*Breathe. Explore. Renew.*

As the Earth reawakens, embrace  
movement, vitality, and the  
promise of new beginnings.

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