

WEEKLY REST COMPANION

A gentle guide to integrating this week's Yoga Nidra themes



WEEK FIVE RELAXATION IS AN ACTIVITY

THIS WEEK'S FOCUS

What is stopping you from seeing yoga nidra - conscious relaxation as an activity? Or how have you embraced it as an activity?

SANKALPA

“I am okay with doing nothing”

How did you anchor your sankalpa?
(If you didn't this week, think about this section for next week)

- Morning reminder Midday Pause
- Before Rest During Yoga Nidra

MIDWEEK PAUSE

QUICK TIP

Don't forget! We plan activities. Activities don't just happen. Plan your ritual. Schedule it. You're scheduling time to be **FREEDOM** from the world. You deserve this!

What does it mean to be free?
How would this change your world?

REFLECT & RESET

FRIDAY REST RITUAL

How's yin treating you?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

How is your yin practice serving you?
Are you understanding the purpose of introducing yoga nidra as an activity in your life?
What am I bringing into next week?

How did it leave you feeling?

**THANK YOURSELF FOR TAKING CARE OF YOURSELF THIS WAY
YOU'RE AN INSPIRATION TO SOMEONE!**