## Friday Rest Ritual

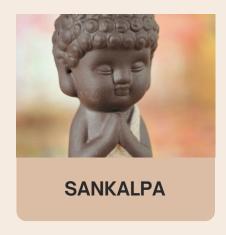


Rest. Restore. Reset.

## A nightly ritual for effective rest!











**PRACTICE** 

- Prep create comfort pillows, blankets, eye cover
- **2** Journal write out your spontaneous thoughts or 5 things you're grateful for
- **3** Sankalpa Contemplate the power of "I Am"
- **4** Breath extension nostril breathing inhale for 3, exhale for 4 (3–5 rounds)
- **5** Practice yoga nidra mp3 Visit my website for mp3's