

# Friday Rest Ritual

*Rest. Restore. Reset.*



*A nightly ritual for effective rest!*



**PREPARE**



**FREE FLOW  
JOURNAL**



**SANKALPA**



**BREATH**



**PRACTICE**

- 1 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