

WEEKLY REST COMPANION



WEEK TWO YOGA NIDRA VS A NAP!

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

THIS WEEK'S FOCUS

What is your relationship with napping?

- ☐ I love napping! ☐ Not a fan

Have you practiced Yoga Nidra instead of a nap before? If yes, what do you prefer? And if not, are you open to it? if no, why?

SANKALPA

“I am embracing relaxation as my lifestyle”

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

Set yourself up for practice as if you are going to sleep. This way the body feels comfort, and you the practitioner can relax the same way as if you were going to bed! The key is relaxation and going to bed is where we embody that state, so treat your practice the same way!

Where does your mind go when you think about sankalpa? How will you or are you embracing conscious relaxation as a lifestyle?

REFLECT & RESET

FRIDAY REST RITUAL

This week was a deep breath exercise inhaling and exhaling with feeling and emotion. The breath is a reflection of who we are and what we're feeling in any given moment. Use this as a tool to witness the power of the breath transform your emotional energy

How did it leave you feeling?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

When did you notice you felt relaxed this week and what were you doing?

Where did you feel resistance?

What am I bringing into next week?

GOOD ON YA! HAVE A GREAT WEEK AHEAD!