

# WEEKLY REST COMPANION



**BLOG #019**  
**SANKALPA**  
LET THE SANKALPA CHOOSE YOU

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

What does it feel like to feel like you?

THIS WEEK'S FOCUS

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I am without any effort ever“

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

SANKALPA

- Morning reminder       Midday Pause
- Before Rest       During Yoga Nidra

## MIDWEEK PAUSE

### QUICK TIP

Where you can hear your higher intelligence and as some call your intuition? For me, it's in the shower and in deep rest. It works like this. Just as taking a shower is a form of cleansing my body and heart, yoga nidra is a cleanse for the subtle body - mental-emotional.

How does it feel when you trust your intuition and you're right?

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## REFLECT & RESET

### FRIDAY REST RITUAL

Trust your intuition. Do what feels right.

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How did it leave you feeling?



content



tired



motivated



overwhelmed

### SUNDAY REFLECTION

When I trust my intuition I become someone who....”

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