

WEEKLY REST COMPANION

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



WEEK FOUR A BRIDGE TO MEDITATION

THIS WEEK'S FOCUS

Now that you're practicing yoga nidra how do you feel approaching a meditation practice? Or how has it influenced your meditation practice?

SANKALPA

"I am a the generator of calmness and clarity for the safety of my inner world"

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

TREAT YOURSELF AS A CONTAINER OF OBSERVATION AND NOTICE WHAT YOU ARE AWARE OF WHEN YOU are deliberately relaxing. Who and what do you become?

What do you notice about yourself after the practice?

REFLECT & RESET

FRIDAY REST RITUAL

How did you spend your friday?
Did you practice yin?

How did it leave you feeling?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

Was this your first time practicing yin?
Are you understanding the purpose of introducing these rituals in your life?
What am I bringing into next week?

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