

# WEEKLY REST COMPANION



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

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!**