

FRIDAY REST RITUAL

DEEP BREATH

USE THE MANTRA BELOW

*"I KNOW I AM BREATHING IN
I KNOW I AM BREATHING OUT"*

1. INHALE WHAT YOU NEED

EXHALE THAT FEELING

2. INHALE WHAT YOU'RE LETTING GO OF

EXHALE THE FEELING OF RELEASE

3. INHALE GRATITUDE

EXHALE OFFER THAT GRATITUDE

3 - 5 ROUNDS