

WEEKLY REST COMPANION



WEEK TEN
KOSHAS

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

THIS WEEK'S FOCUS

Knowing delta stores up to 4 hours of deep sleep every time you practice, how do you feel now about traditional sleep?

SANKALPA

“I am whole, lovable, and my best self when rested”

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

Delta accumulates the more you practice. Now you can understand, “One hour of the practice is equivalent to 4 hours of deep sleep.” The more you practice being in the state of delta, you start to store chunks of 4 hours of deep sleep.

Describe your relationship with sleep? and yoga nidra? What do you notice? What is different?

REFLECT & RESET

FRIDAY REST RITUAL

Contemplate what it means to store 4 hours of deep sleep every time you practice?

How did it leave you feeling?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

How has your sleep changed?
What am I bringing into next week?

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