

WEEKLY REST COMPANION

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



WEEK FIVE WHY MONDAYS?

THIS WEEK'S FOCUS

How does your Monday feel once you've implemented your rest ritual and a yoga nidra practice?

SANKALPA

"I am my own healer"

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

Practicing yoga nidra on a monday reinforces the relationship between you and your inner healer. Awakenning this consciousness and state is a form of spiritual protection in the world for your nervous system.

Do you know how to heal your emotional wounds? Would you consider yourself your healer?

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!