

WEEKLY REST COMPANION

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



WEEK THREE SLEEP OR NOT TO SLEEP?

How do you feel about falling asleep in practice? If you don't, why not?

THIS WEEK'S FOCUS

"I am opening my heart to the deepest parts of myself that require unconscious healing"

How did you anchor your sankalpa?
(If you didn't this week, think about this section for next week)

SANKALPA

- ☐ Morning reminder ☐ Midday Pause
- ☐ Before Rest ☐ During Yoga Nidra

MIDWEEK PAUSE

QUICK TIP

Let go of any expectations & need to be in control. Trust the practice is repairing you when you sleep too. What you are meant to know, feel & heal you will. Trust the process is taking you somewhere.

Do you trust this process is taking you somewhere and why?

REFLECT & RESET

FRIDAY REST RITUAL

How did you spend your friday?
Did it feel like a ritual?

How did it leave you feeling?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

How are you feeling about your weekly companion?
Where did you feel resistance?
What am I bringing into next week?

THANK YOURSELF FOR TAKING CARE OF YOURSELF THIS WAY