

WEEKLY REST COMPANION



WEEK EIGHT THE ROYAL PATH

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

How does your mind work for you?

THIS WEEK'S FOCUS

“I am the master of how my mind works for me”

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

We can't **TRAIN** the mind until we **UNDERSTAND** it. Yoga nidra will assist in witnessing how the mind works so with time, development and courage we can change it to work for us!

How would you describe your relationship with your mind? How does this relationship impact your world?

REFLECT & RESET

FRIDAY REST RITUAL

Journal a **stream of consciousness**. No stopping. Literally write every word, thought that comes to mind. Write for as long as you can and read it the next day. Learn to understand your mind.

How did it leave you feeling?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

What do you see changing in your life? Mind? Body? Heart? Where are the shifts? What am I bringing into next week?

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