

WEEKLY REST COMPANION



WEEK SEVEN
PRATYAHARA

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

THIS WEEK'S FOCUS

If “prati” means **food**, or what the body takes in and “ahara” means **control** or the **master of influences**. How do you nourish yourself?

SANKALPA

“I am the master of letting go of what I can't control, and embracing what I can.”

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

Understanding how you nourish yourself develops discernment for body, heart, mind and spirit just notice become the witness & let go of the judge.

How would discernment change your world, inner and outer?

REFLECT & RESET

FRIDAY REST RITUAL

How have you been treating yourself?

How did it leave you feeling?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

How is your rest practice serving you?
Are you understanding the purpose of introducing yoga nidra as an activity 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!