

YOUR GO TO SELF CARE GUIDES



NIGHT TIME RITUAL GUIDE

DEVELOP A NIGHT TIME RITUAL
TAILORED TO YOU THAT
PROMOTES RESTFUL SLEEP.



YOGA NIDRA MEDITATION

WIND DOWN WITH THE
SOOTHING PRACTICE OF YOGIC
SLEEP



LOVING KINDNESS MEDITATION

IMPROVE SELF AWARENESS,
FOCUS, AND INSIGHT WITH THIS
GUIDED MEDITATION



COFFEE MEDITATION

SLOW DOWN AND SAVOR THE
MOMENT WITH THIS SHORT
MEDITATION



AWARENESS MEDITATION

A QUICK MEDITATION TO HELP
BRING YOU INTO THE MOMENT
AND BRING CALM INTO YOUR
BODY



MORNING RITUAL GUIDE

START YOUR DAY WITH DAILY
PRACTICES THAT HELP BRING
ENERGY AND FOCUS INTO YOUR
DAY

