



Heart Mind & Solider Yoga

Relaxation Guide

Written for you by Jennifer Jones, in Summer 2023

All great days begin and end with a moment of joy! This little relaxation guide will help you to book-end your day, to maximise your health, happiness, and confidence.

Your Morning Routine

Hydrate

- Choose a tasty nutritious drink to start your day. A hot water with a slice of lemon orange can work wonders.
- Prepare a fruit infused water to begin your day (strawberries in water tastes amazing), then keep your water intake consistent through the day.

Write

- Put pen to paper by journalling for a few moments
- Jot down a list of things you are grateful for to feel humble and grounded

Move

- Use these lovely yoga poses to stretch and get into your physical body
Cat/Cow Prayer Curls Standing Forward fold

Your Bedtime Routine

Move again

- Use these lovely sleepy yoga poses to calm your body and mind before bed.
Seated Forward fold Child's Pose Butterfly Legs

Breathe

- Take 5 minutes to breathe. Count 4 seconds as you breathe in, hold for a moment then breathe out for 4 seconds. Maintain a smooth cycle of breath.
- Breathing mindfully is magic. Try it and you will feel the calm entering your whole being.

Rest & Digest

- Yoga Nidra is game-changing. There are lots of lovely recordings available. If you'd like to try a live session, do come to my weekly Yoga Nidra relaxation at 9.30pm-10pm each Wednesday. You are so welcome. It would be wonderful to welcome you to the community.

With lots of love

Jen x

Heart Mind & Soldier Yoga

