

BEGIN WHERE YOU ARE

Gayatri Mantra

Om Bhur Bhuvaha Svaha
tat savitur varenyam
Bhargo Devasya Dhimahi
Dhiyo yonah prachodayat
OM

togetherness Mantra

Om Saha Nav Avatu
Saha Nau Bhunaktu
Saha Viryam Karavavahai
Tejas vina navadhitamastu
Ma vid visa vahai
OM shanti shanti shanti!

FOUNDATIONAL

↓ PRACTICES ↓

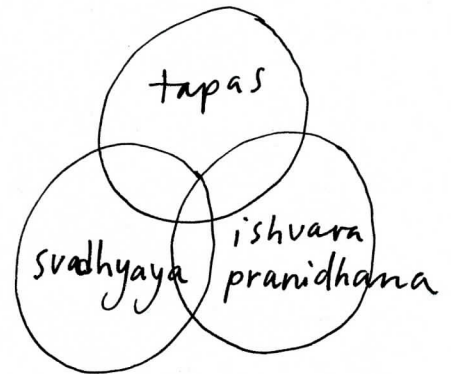
• SLEEP.

→ MOVEMENT ←

♥ NOURISH ♥

UNCLUTTER

PRACTICE is
learning HOW to
begin again + again



MYSTERY
is part of it!

TRUST the
PROCESS

CELEBRATE
MICRO-MOVE
MENTS

STRUCTURE YOUR
SUPPORT