

HOW IT WORKS

THIS IS AN 8 DAY JOURNEY TO BRING YOU BACK TO YOURSELF

Every day you will be invited to do:

- a micro practice
- a breathing or mindfulness practice
- a movement practice

In your package you will receive a set of 8 'quick cards', to save to your phone so you can refer to them as you work through the the course. You will also receive access to recorded mini meditations and a short movement practice to help centre and ground you.

Please remember that everything included is optional, and I invite you to do only what feels comfortable and safe for you.

THE BAREFOOT SALT GYPSY

www.thebarefootsaltgypsy.com