10 MINUTE MEDICINE

A C. A CONTROL OF THE WATER OF A C. A. S. MINISTER WAS

THESE ARE YOUR 10 MINUTE MEDICINE IDEAS TO USE WHENEVER YOU FEEL STRESSED, OUT OF BALANCE, OR IN NEED OF CHECKING IN WITH YOUR DIVINE SELF. NOT ALL OR ANY FOR THAT MATTER NEED TO BE DONE IN 10 MINUTES. IT'S JUST A SUGGESTED TIME TO HELP YOU NOT FEEL SO OVERWHELMED AND TO REALIZE A FEW MINUTES TO RECENTER CAN GO A LONG WAY DURING A HECTIC DAY.

A STATE OF THE PERSON OF THE P

PRANAYAMA

BRAIN DUMP

WORKOUT

BURN A CANDLE/INCENSE

> PULL A CARD FROM A CARD DECK

TEA

WORKOUT

CALL A FRIEND

CLOSE YOUR EYES & REFOCUS

NATURE WALK

LISTEN TO A CRAFT **PODCAST**

MOBILITY PRANAYAMA WORK

DAILY READING

YOGA CHAKRA

CLEANING

READ

GIVF YOURSELF SPACE

YOGA NIDRA

REFLECTION

NATURE WALK ASK YOUR SOUL MEDITATE WHAT IT NEEDS IOURNAL

CROCHET/KNIT

MAKE FIRECIDER BRAIN DUMP OR ENDERBERRY SYRUP