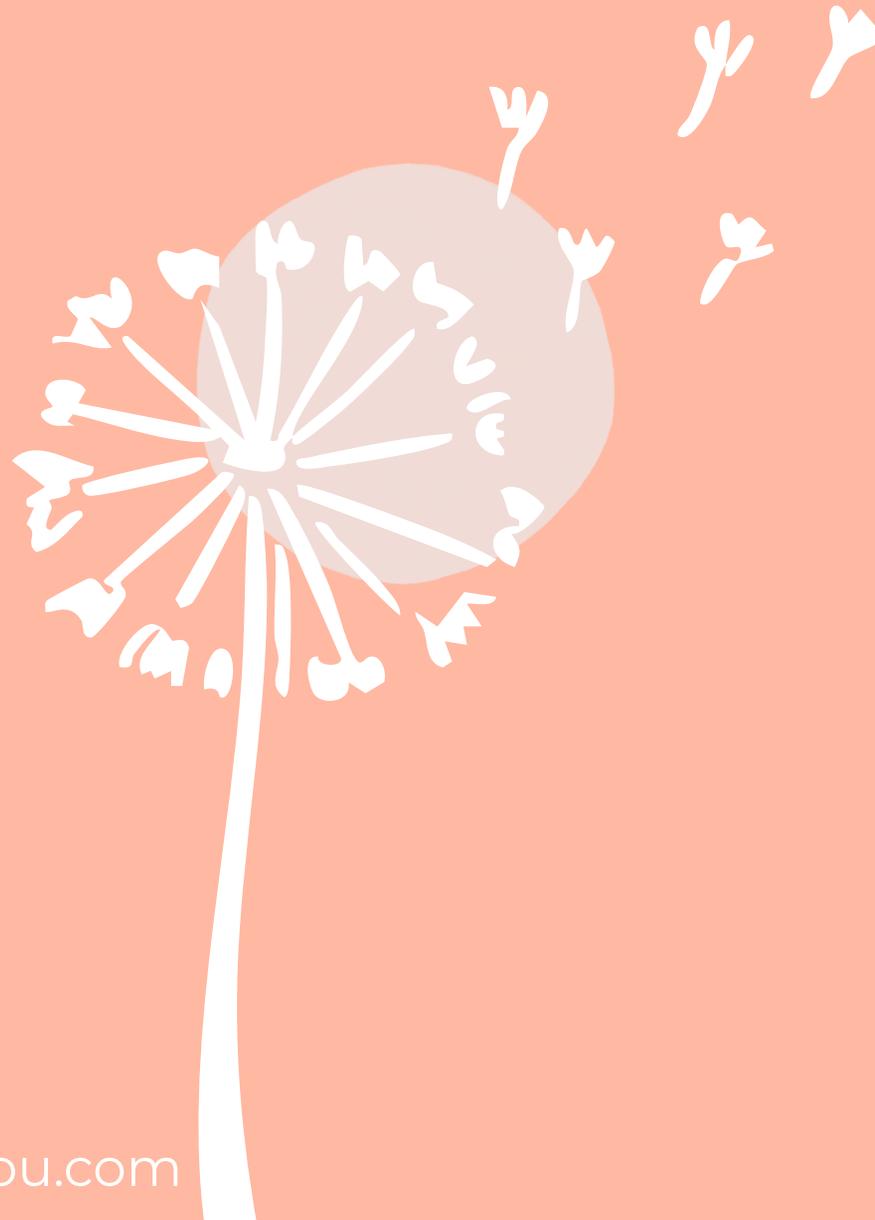


Stretch,
Breathe,
and Let
It Out

BEFORE I BEGIN – A GENTLE REMINDER

Welcome. This is my time.
I don't need to perform or get
it right. This is a space to feel
into my body — to give myself
permission to gently release
any emotion or tension I've
been carrying.

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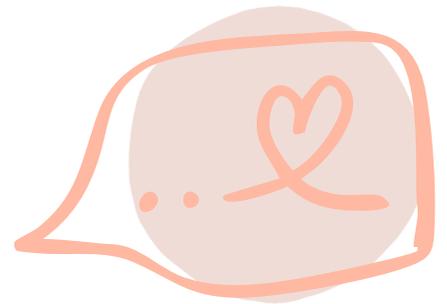


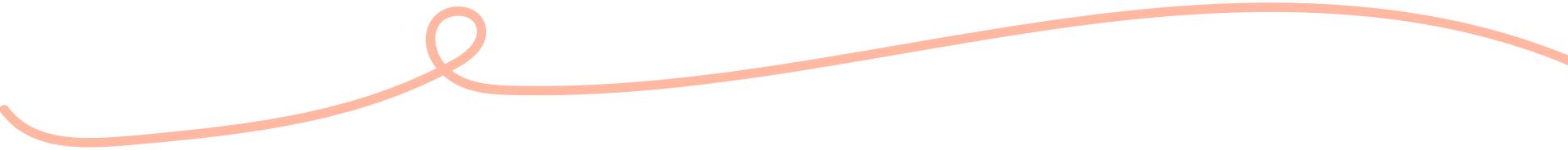
I MIGHT DIM THE LIGHTS OR LIGHT A CANDLE.

I'll create a space where I feel safe and held.

It's okay if my mind says, "This is silly." That's just my inner critic. I acknowledge it, and let it pass by.

I'll start with a few gentle breaths — not forced, just soft inhales and slow exhales.





If I want, I can let music support me — songs that bring emotion to the surface, or soothe me. I might cry. I might not. I might feel nothing — that's okay too. I've created this space for myself. I'll stay with this for as long as it feels good.

And when I feel ready,
I'll place a **gentle hand on my heart** or belly,
and remind myself:
I am allowed to rest.
I am allowed to feel.
I am allowed to be cared for — even by myself.