



evening routine guide

brain belly body

Getting enough quality sleep and rest is vital for optimal health. The way we transition from our busy lifestyles during the day into the evening can aid in setting us up for a successful nights sleep. When we are trying to reduce stress that built up from the day, practicing mindful self-care practices can support us in unwinding before bed.

When we get proper rest and deep sleep, the body is healing itself, regenerating, and naturally detoxifying itself. When we don't get this rest, toxicity builds up which can lead to imbalances in our health.

Practices like meditation and corpse pose ('drop your body' meditation), can be used throughout the day to get more rest and supplement sleep, especially when we are not getting as much sleep as we need at night.

In this eBook we will explore some simple practices that you can do to calm the nervous system, and attend to the brain, belly, and body to prepare you for a restful evening.

02 evening routine

decompress from the day & prepare for sleep

Preparing the brain, belly and body for sleep can assist in calming the nervous system and set you up for a successful nights rest. Below are some simple self-care practices that help us unwind from the day and settle into rest.

- **full body warm oil massage:** warm up body oil of choice (coconut, jojoba, sesame etc), optional to add a few drops of an essential oil and then massage entire body. Use long linear strokes along the muscles and circular motions around the joints
- **warm oil foot massage:** use warm oil to rub and massage the feet, massage the spine meridian which runs along the arch of the foot from big toe to ankle/heel
- **Marma pressure points on the hands:** solar plexus, pituitary, pineal, brain, spine, central nerve
- **warm bath:** add baking soda, epsom salts, and/or essential oils. Lavender and Vetiver are calming essential oils for the nervous system
- **three part breath:** inhale into the lower abdomen, expand the inhalation into the diaphragm and then expand the inhale into the chest for three counts, then exhale from the upper chest, then the diaphragm and then the lower belly for 3 counts - this can be practiced for a few minutes while laying down in bed before sleep
- listen to **binaural beats & drones**
- **warm drink:** warm up milk of choice with vanilla opt. nutmeg - sip on this about an hour before bed
- **draw:** get out of the head and into the body by drawing whatever comes through into a journal or in a sketchbook - colors are fun and expressive
- **prepare a 'cooling' drink in a thermos by your bedside:** if we wake up and can't fall asleep or we wake up thirsty, sipping on a cooling drink (oat milk, hemp milk, flax milk, raw milk etc.) to help cool the stomach and can aid in getting back to sleep



drop your body meditation

No matter how hard we try, it can be difficult to get all the rest we need from sleep. If you have a disrupted night of sleep there are practices you can employ to make sure that you get a little extra rest.

The 'savasana' or sometimes referred to as 'corpse pose' in yoga is when we lay on your back with arms by our sides, palms face up, with hips, jaw and face relaxed. We can use an eye mask, blanket and a pillow under our knees to enhance comfort and ease. This anatomical position allows us to access deep states of rest and meditation. Listening to binaural beats or drones while laying in this position can help us ease into a rest. Practicing this for 5 - 40 minutes once or a few times throughout the day can allow the body and mind get the extra rest it needs especially if we missed out on a good nights sleep. After this practice we can wake up energized and rejuvenated, ready to take on the rest of the day.



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