

Beditations

GUIDED MEDITATIONS & RITUALS
FOR REST & RENEWAL

SESSION ONE

Everyday Beditations for Everybody

1. Introduction to Session One
2. Reclaiming your rest
3. Setting the stage for your practice
4. Guided Practice: Beditation Breath
5. Guided Practice: Grounding Beditation
6. Guided Practice: Embodied Beditation
7. Guided Practice: Release Beditation

SESSION TWO

Surrendering to Sleep

8. Introduction to Session Two
9. Diving into the subtle body
10. Guided Practice: Opening Beditation
11. Guided Practice: Listening Beditation
12. Guided Practice: Dreaming Beditation