

FEMININE MORNING RITUAL

Women's Group Coaching

Women's Coaching | Morning Ritual

Here is an example of a Feminine Morning Ritual that you may like to follow. You are welcome to use what aligns with you and leave what does not, or tailor it to your own personal wants and needs.

- As you wake up, check in with your body and how you are feeling. Take a moment to pause, and just notice what is unfolding within you as you lay in bed.
- Feel into what you might need from your morning ritual today, and what you would love to do to support you with what you are feeling.
- Prepare everything you will need for your practise. For example: light candles, turn on your essential oil diffuser, make a cup of tea, lemon water or coffee, grab your journal and get your oracle or tarot cards.
- Set up your space, roll out your yoga mat if you will be using one or create a comfortable space to sit, and begin playing some gentle music.
- Settle into your space and close your eyes. Place your hands over your heart and set an intention. Reface on how would you like to feel through the practise, and at the end of the practise.
- Begin to breathe into your body and draw your awareness inwards. Spend some time focusing on your breath and tuning into yourself. Bring your focus into your body and notice what is present for you at the moment. Breathe into anything that arises.
- If you feel that there are big emotions or strong sensations within you, you can place your hand over the part of your body where you feel them. From here, bring all your awareness to the emotion or feeling and become present to it. You may just breathe into it for a few minutes, or you can explore the energy a little. You may ask: What is this feeling/emotion? Why is it here? What is this about for me? What triggered this? See if any insights arise.
- If your mind is full of thoughts, you can also open up your journal and write out your thoughts to help process what you are thinking, and clear your mind.

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- Now begin moving and stretching your body. Move through gentle and simple stretches, yoga asanas, or anything else that feels good to your body. Let this be an intuitive process where you simply move how you feel to without rules.
- Close your eyes while you are stretching. Breathe deep and really tune into your body. Find places of tightness and tension and stretch into them. Be slow and gentle and hold stretches to allow your muscles to gently relax.
- Pay close attention to how you feel as you move. If any emotion arises, keep moving and let it to be expressed through you. Allow this time of stretching to unfold for as long as you need. Just keep trusting and following your body and how it wants to move. Drop all rules or expectations
- From here, you can move into any other practices that you wish. These may include:
 - Dance
 - Meditation
 - Journaling
 - Pulling oracle cards
 - Breast massage
 - Body massage
 - Eye gazing in the mirror
 - Affirmations
 - Setting intentions
 - Going out for a walk or run
 - Reading
 - Jade egg exercises
- At the end of your practise, close your morning ritual by placing your hands on your heart and closing your eyes. Connect in with yourself and take a moment to acknowledge yourself for creating this time for yourself today. Now, tune into the energy of your heart and breathe deep into your heart space. Gently pose the question, 'Dear heart, what do you desire?' and listen. You may feel emotions or energies move through your heart and body, or you may hear words or see images. There is no right or wrong. Just stay with your heart for a while, gently listening with no expectation or pressure, and the write down in your journal anything it shares with you.



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