



WARRIOR YOGA NETWORK

Hey, Warrior.

We know times are tough right now. We want you to know there is a community behind you, cheering you on, through the wild and worry we are living through. We will offer weekly tools to help you tap into your own resilience.

Our wellness package is intended for a diverse array of individuals and communities. In order to support this diverse set of interests and needs we've included several different techniques below - hoping that one will resonate with you. Please take what serves you and leave the rest behind. Please seek additional support as needed - this should be used as a complementary tool to professional mental health services.

MOVE: END OF DAY STRETCH **20 minutes**

It's important to take a little bit of time to move your body in intentional and loving ways, especially as you start to close off your day. Even a quick stretch can do wonders. If you do not have access to the [video](https://youtu.be/tp8rz9ohpHQ) (<https://youtu.be/tp8rz9ohpHQ>) that guides this movement, you're welcome to follow the suggestions below that will guide you through some stretches (note: this series does not match the video, it is just a different suggestion of movements you can follow):

- Begin in a seated position with legs crossed if that feels comfortable.
- As you inhale, reach your arms over your head. On the exhale, let your arms gently fall back to your sides. Repeat this movement with your breath a few times.
- With arms by your sides and shoulders dropped away from the ears and gaze forward, lean your right ear to your right shoulder for a few breathes. Repeat on the left side.
- With legs still crossed (or in whatever seated position feels best), reach your hands as far in front of you on the floor as possible. You can let your head relax.
- With your hands still outstretched on the floor, walk your hands to the right and take 3 big inhales and exhales. Repeat by walking your hands to the left side.



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- Lift back up to an upright seated position and outstretch your legs in front of you. Take a moment to shake them out.
- Point and flex your toes.
- Roll your ankles in circles.
- Take one last big inhale, and exhale with a sigh through your mouth.

MEDITATE: BEDTIME BODY SCAN

10 minutes

This body scan can be read from this page, or if you have access to a device with internet access and audio, you can hear a guided audio version. Access the audio [here](#).

Find yourself in a comfortable position, laying down if that feels best. Perhaps on a yoga mat, on the floor, or even your bed or couch. As you wind down your day, give yourself a moment to settle into this position, maybe moving around a little bit until you feel called to find stillness.

Once your physical body rests in stillness, I invite you to close your eyes or soften your eyelids. As you soften your eyes, let that softness drift through the rest of your body - we don't need to acknowledge how our bodies feel just yet - but try to spread the intention of softness throughout and wash over you. Breathe naturally.

Our goal is to scan our bodies without judgement. We want to simply become aware of sensations without labeling them as positive or negative ones. We are winding down our day with a gentle curiosity of sensations.

Let each breathe come and go. Feel your belly rise and fall. Notice where you send your breath as it comes into your body - can you feel the air on your nostrils or throat? Does the air stop or get stuck anywhere? With every exhale, see if you can soften your physical body a little bit more, sinking into the ground below you.



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I invite you to bring your awareness to your left big toe. A very specific area, but how often do we really think about these small areas? Unless you stub your toe, probably not too often. Can you feel a sock against that toe? Maybe the breeze of a fan or the pressure from a blanket. Move awareness to the sole of your foot, then to the top of your foot. As you move your awareness slowly up to your ankle, calf, and knee, what do you feel? Move your awareness to your thigh and the back of your leg.

Now scan your right foot, starting at the big toe, and slowly making your way up your leg just as you did on the other side. Remain curious and open to any sensations you feel.

I invite you to bring your awareness higher up now if you feel comfortable, to your pelvis and hips - your root chakra area. This area is considered by some to be the centre of our emotional and spiritual balance and our basic needs. Our hips are said to be holders of many emotions. If you feel sensations and emotions coming up as your awareness rests on this area of your body, resist the urge you may have to label them as good or bad.

Bring your awareness up through your sacral chakra, just below your belly button, and then up slightly further. Become aware of your belly. What do you notice? I invite you to come back to your breath, noticing the way your abdomen rises and falls or moves with each breath. Do your sides expand slightly? Can you feel breath through the back of your body?

As you move your awareness to your chest, can you feel your heart beating? Does your breath get caught or move smoothly? Can you find a sense of ease in your chest with exhales? As you move up your chest, see if you can relax your shoulders more and melt into the surface below you. Let your awareness wander down the length of your left arm, to your wrist, your fingers, all the way to your fingernails. Move to your right arm and do the same.



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Feel your shoulder blades resting under you. Notice your spine under you, moving from your tailbone up to the base of your neck and bottom of your head. Notice how your head feels against the surface below you. Move to your face. Make a conscious effort to notice the sensations in your face and then take a moment to soften more. Let your tongue fall from the roof of your mouth, relax your jaw, your eyelids and eyebrows.

Move your curiosity of sensation to the very top of your head and the space just above - your crown chakra; the area said by some to connect you to higher guidance, to the cosmos beyond.

Finally, see if you can acknowledge everything together. Perhaps you can imagine your soul floating over your body, curiously noticing how all your body parts, and every sensation, are connected. Tingling, warmth, fullness, calm, tension - nothing good, nothing bad, knowing that these sensations, as with everything in life, are ever-changing.

As you bring your awareness back into your physical body, find a little bit of movement. Wiggle your fingers and toes. Take a moment to come back to your breath one final time, and when you're ready, slowly open your eyes. Take your time coming back to your surroundings and re-immersing yourself into your environment. I invite you to carry any sense of peace or gentle stillness you might have noticed into the rest of your evening, and hopefully into a beautiful and restful sleep.

JOURNAL: WHAT DO YOU NEED?

10-20 minutes

As you scanned your body, what did you notice? Was there a dominant sensation throughout, or did it vary as your awareness travelled? Based on the sensations you noticed, what do you think you need? Perhaps your answer involves more rest, more stretching, more water or food, bigger breaths, more space. Whatever your answer, take time to identify what you might need based on the feelings in your physical body, and if you'd like, think of ways you might be able to meet those needs.



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