

# HOMEWORK SHEET

# AWAKEN YOUR INTUITION

## JOURNALING PROMPTS for REFLECTION

### **TENSION RELEASE**

*Do you notice when and where you hold tension in your body?*

*Did any 'new' spots of tension present themselves during or after the practice?*

*How does it feel to move your body intuitively?  
What thought patterns and feelings arise?*

*Did anything else come up for you during the practice?  
Emotional, creative, energetic or otherwise?*

### **ECLIPSE SEASON**

We are entering eclipse season with a new moon solar eclipse Wednesday, and a Lunar eclipse on the 5th of May.

You may or may not experience physical symptoms during this time like headaches, body soreness, fatigue, and confusion.

A friend like to sum this time up as the cosmic washing machine, here to shake things up and create change and transformation, no matter how uncomfortable that is.

### **LIBRARY RECOMMENDATIONS for TENSION**

For more slow flow movement ~ Self care Sunday category  
Another delicious facial ~ Soothe category (bedtime ritual)  
More tension release and fascia hydration ~ Release category  
PLUS a new anxiety minis category being added this week!

### **WEEKLY FOCUS**

### **SURRENDER**

You are more than welcome to set intentions this new moon, it isn't wrong - it just may feel a little challenging.

Can we set a collective intention to lean into surrender?  
Patience, allowing, receiving and softness?

They all sound like lovely qualities, but we also know how tricky they can be. My two cents would be to ramp up self care, as we lean into more nervous system regulation.

Food for thought for the week...

***What does it mean to you to surrender?***

