

DESIGNING YOUR REST CAVE

IDENTIFY YOUR SPACE



Your rest cave is a quieter, alone space to reboot your mental, physical, and spiritual health. It is your reminder to yourself and others that you are prioritizing rest, and yourself.

If you do not have a lot of space, make a small kit that you can set up on a couch, bed, carpet, lawn, wherever you need

HONOR THE BLANKET

The most essential item is the blanket. Consider having one that is exclusively for your yoga nidra practice.



DECORATE

Select items that delight and relax you. Pillows, plants, a tapestry or rug, a favorite painting, even string lights can make a space feel special and magical. Remember that what you add to your rest cave are symbols of your authentic self.

CREATE A REST ALTAR

This is a place to Honor rest. On your altar you can place anything that is meaningful or relaxing: a journal, photos, candles, essential oils, items from nature. What ever is meaningful to you



CHOOSE TRAVEL ITEMS

Have at least one item that you can take with you when you travel to connect to your rest cave . It can be a favorite pillow, a tapestry, or a decoration.



FINE TUNE

Enter your rest cave. Lie down under your blanket. Are you comfortable? Do you feel Safe ? Adjust the space until it feels just right for you

