Femme Power 3 day somatic strength activation

Please always modify as directed by your needs & inner wisdom

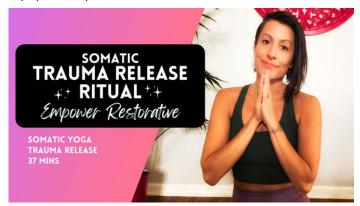
DAY 1: STRENGTH

A workout with (or without) weights, for when you're stressed or overwhelmed & need to surrender to the flow. Equipment: dumbells (optional)



DAY 2: TRAUMA RELEASE RESTORATIVE

Reconnect to your body's innate healing wisdom and release stuck stress & trauma responses, so that you can live with more peace, power, and pleasure. Equipment: pillow & block



DAY 3: STRENGTH

A weighted workout to support you in receiving yourself in your emotions & opening to receive in all areas of your life. Equipment: dumbells



*BONUS!!!! MORNING PRACTICE:



Femme Power 3 day somatic strength activation Evening Journaling

HOW AM I FEELING:

ENERGY IN: HOW DID I NOURISH MYSELF TODAY?

MORNING PRACTICE:

MOVEMENT PRACTICE:

FOOD / HYDRATION:

NATURE / REST:

CONNECTION / FUN:

INNER GUIDANCE: WHAT DO I NEED MORE OF RIGHT NOW & TOMORROW?

WINS / CELEBRATIONS: WHAT CAN I ACKNOWLEDGE MYSELF FOR?

LOVING REMINDERS: WHAT DO I REALLY NEED / WANT TO HEAR RIGHT NOW?