

# 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: dumbbells (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: dumbbells*



**\*BONUS!!!!**

**MORNING PRACTICE:**



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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?*