



Module 1: Finding Ease and Releasing Tension

Begin your journey to Body Bliss by reconnecting with your body and gently releasing built-up stress. This session guides you through Restorative Movement to ease stiffness and tension, inviting a sense of calm. The Guided Reiki Journey, Let-Go, Reset, Receive, and Rejuvenate, supports deep relaxation and renewal, allowing you to move forward with a lighter body and mind. Return to this practice whenever you need a moment of tranquility and self-care.

Affirmation:

I release tension with every breath, inviting ease into my body and mind.

Reflections:

1. Where in my body do I tend to hold the most tension, and how does it feel to let it go?
2. How can I create more moments of ease in my daily life?
3. What does relaxation mean to me, and how can I nurture it?