



Module 2: Releasing Stress and Finding Inner Peace

In this module, you'll be guided through Restorative Movement to help bridge the mind-body connection, ease tension, and support relaxation. The session concludes with the *Stress and Overwhelm: Find Inner Peace* Reiki Journey, encouraging you to release heavy emotions and ground yourself in a state of balance. Let this practice be your anchor whenever life feels overwhelming.

Affirmation:

I am grounded, calm, and supported in all that I do.

Reflections:

1. What are my early signs of stress, and how can I respond with compassion?
2. How does it feel to connect my breath with movement?
3. What is one simple practice I can use to return to a place of peace?