

self study

BY EUNI

CREATING + CENTERING

ROOTED RITUALS

Practices that you engage in over + over again with intentionality to bring you into presence, clarity, joy, and liberation in your body-mind-soul-space.

Through 1-5 minute practices, learn to embody guiding yourself into deeper self connection + expand into connecting deeper with elements, events, creations, and people in your life.

HONORING CONNECTION TO

BODY **MIND**
SPACE **SOUL/SOURCE**

GROUND INTO PRESENCE

**START
SMALL.
FOCUS ON
THINGS
THAT ARE
FAMILIAR
AND FEEL
GOOD.**

CENTER
CONNECTION to self

CLEARING space for creativity, joy, and healthy liberation, freedom + disruption

RELEASE blocks like fear, stress, force, fatigue, resistance or doubt

ACCESSIBILITY can be done anywhere, at any time



self study

BY EUNI

CREATING + CENTERING

ROOTED RITUALS

SENSORY CENTERING

SIGHT

- Focus on something visually pleasing
- Examine plants, art, your scenery
- Close your eyes + imagine

SMELL

- Light an incense or candle
- Inhale the scent of an essential oil on your skin or through a diffuser
- Appreciate the aroma of a meal or beverage

TASTE

- Center focus on the flavors of your food, one bite at a time
- Mindfully drink a cup of tea or glass of water with fruits or herbs
- Brush your teeth or tongue

SOUND

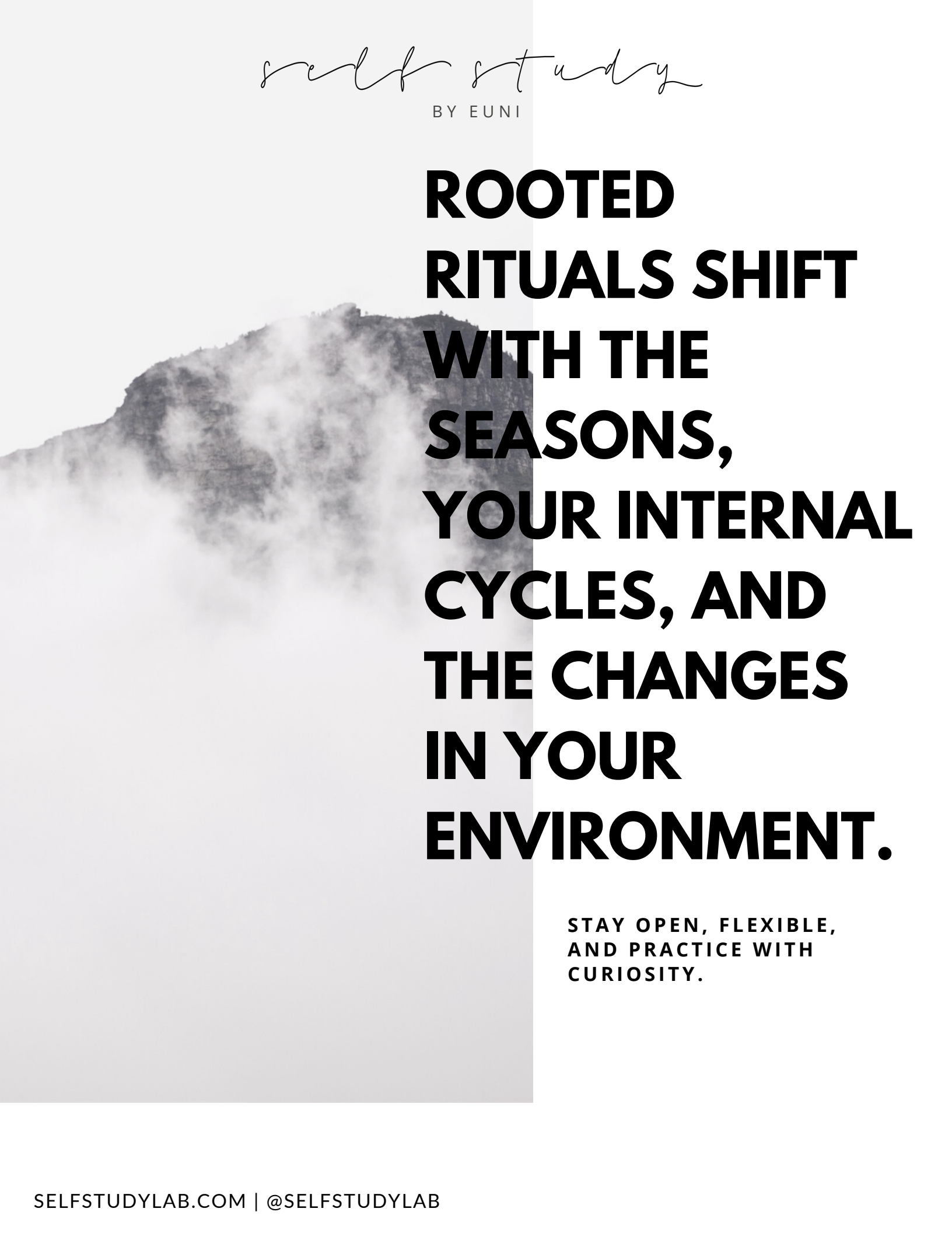
- Observe the sounds around you
- Listen to your favorite song
- Tune into a guided meditation or sound therapy/healing

FEEL

- Move your hips, shoulders, legs, body
- Touch something like a fun fabric, plants or trees, or your own skin
- Focus on your emotions + breathe deeply to expand and release them

self study

BY EUNI



**ROOTED
RITUALS SHIFT
WITH THE
SEASONS,
YOUR INTERNAL
CYCLES, AND
THE CHANGES
IN YOUR
ENVIRONMENT.**

**STAY OPEN, FLEXIBLE,
AND PRACTICE WITH
CURIOSITY.**

self study

BY EUNI

CREATING + CENTERING

ROOTED RITUALS

WORKING EXERCISE

DESIGN YOUR ROOTED RITUALS

SIGHT

SMELL

TASTE

SOUND

FEEL