

THANK YOU!



REGEN PRACTICE
TOOLBOOK



FOR MORE INFO:

MEDITATION SCRIPT

Take a nice deep breath, allowing the inhaled to relax your eyes
& your exhale to release and soften letting your eyes close
Take a few moments to just be with your breathe

You notice a warm globe of light hovering above you
As this light gently shimmers and vibrates, points of light gently begin
to flow down over the forehead, relaxing any tension in your body

Light flows down the face, back of the head, neck, relaxing each
muscle as it flows, bathing them in warmth
Moving down your shoulders, elbows, all the way down through your
fingertips softening your hands

This calm light flows down the spine, allowing the spine to relax
Flowing down over the chest, bringing calmness to this area as it
begins to reach and relax even the internal organs.

The light continues its journey around the hips, front and back,
relaxing as it goes. All the way down to the upper thighs, front and
back, across the knees and through the shin and the calves.

All the way down to the feet, toes and even the soles of the feet
Your entire body feels calm and relaxed...

@bobstrology

COLOR ALCHEMY



i am divine

i am connected

i am expressive

i am loved

i am strong

i am creative

i am safe

@lamakina510

DEFINITIONS

REGENERATIVE:

a process, system or technology
that renews, restores or
reinvigorates its own sources of
energy, health or materials

PRACTICES:

is the repeated performance or
exercise of an activity or skill to
acquire, maintain or perfect it



REGENERATIVE PRACTICES



COHORT XV 25-26



MOON RITUALS

NEW MOON

let go
set goals
plan
grow
low energy

FULL MOON

accept
release
celebrate
recharge
high energy

● what do you want
to let go of?

● what are you
grateful for?

● what intentions
do you hope to
accomplish?

● how will you celebrate
when you accomplish
your intentions?

@aracelestial

SENSORY TOOLS



stress balls



dammit doll



sensory fidget



weighted blanket



sound sleeper

herbs you find
on walks for
aromatherapy



noise cancelling
headphones

@tracewilliams15

How to Make a Zine

from a sheet of paper

fold the paper in half lengthways

1.



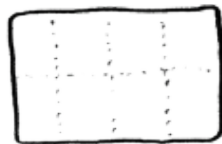
fold again, and once more



2.



3.



unfold the paper,
then fold it widthwise



4.



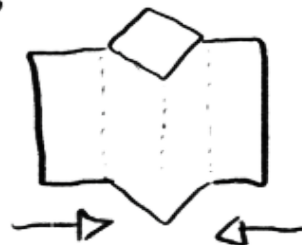
cut halfway on the center line

5.



unfold again, then fold lengthwise

6.



push the ends of the paper in
so the middle opens, then fold into a book