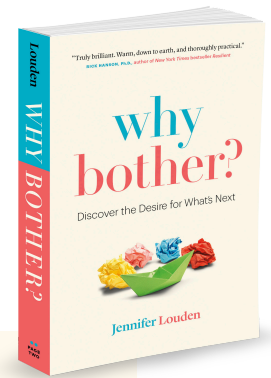


# Additional resources to relax your body to help you feel desire

I've collected a variety of resources for you to play with around relaxation and sleep. Even a minute or two will be useful to helping you settle and experience more internal quiet. No need to make this a big ding dang do - try something!



## HAVE YOU TRIED YOGA NIDRA? HERE ARE SOME OF MY FAVORITE RESOURCES:

<https://www.irest.org/>

<https://www.mollybirkholm.com/>

<http://daringtoforest.com/restshop>

<https://jenniferreisyoga.com/shop/>

<https://insighttimer.com/meditation-topics/yoganidra>

If getting to sleep is an issue, you might like this podcast:

<https://podcasts.apple.com/us/podcast/get-sleepy/id1487513861>

or this one

<https://podcasts.apple.com/us/podcast/podcast-great-detectives-old/id335549005?mt=2>

My friend with insomnia likes this one

<https://podcasts.apple.com/us/podcast/sleep-whispers-for-asmr-relaxation/id1092800054>

Want to try a great yoga class series for free?

<https://www.youtube.com/user/yogawithadriene>

I love Curvy Yoga

[https://www.google.com/search?q=curvy+yoga&sxsrf=ALeKk019HQJ3Dfa-TXF0uGE6W8WXvG\\_rxow:1585692372560&source=lnms&tbm=vid&sa=X-&ved=2ahUKewiCoNu03MXoAhVNCTQIHbsBBjgQ\\_AUoAXoECBoQAw&biw=1389&bih=684](https://www.google.com/search?q=curvy+yoga&sxsrf=ALeKk019HQJ3Dfa-TXF0uGE6W8WXvG_rxow:1585692372560&source=lnms&tbm=vid&sa=X-&ved=2ahUKewiCoNu03MXoAhVNCTQIHbsBBjgQ_AUoAXoECBoQAw&biw=1389&bih=684)

Interested in yoga for depression and anxiety?

[https://www.youtube.com/channel/UCaSIK\\_XoZy7eTsINk1oVPQQ](https://www.youtube.com/channel/UCaSIK_XoZy7eTsINk1oVPQQ)

Putting on a great playlist and allowing your body to move is one of my favorite ways to relax my body.

<https://open.spotify.com/playlist/1aCsEtNfZCxbpndMqljNHt?si=IdcidQvaTKSD-VBhdAI8PLQ>

A colleague told me about havening. See what you think.

<https://youtu.be/iLhPOKTTkAY>

I love the butterfly hug

<https://youtu.be/iGGJrqsctU>

A guided meditation on surrender

<https://www.youtube.com/watch?v=KfEquivC7rwg>

Tara Brach is one of the best meditation teachers alive.

<https://www.tarabrach.com/meditation-quieting-mind/>

Have great resources  
for relaxing the body?

Share them and we will add them to  
this PDF for future readers. Thanks!