



From Stressed To Blessed

A Journey
back Home
to Yourself.



a Journey back Home to Yourself



Hello, I am Claire

I am a yoga and Embodiment teacher and my purpose is to support people in coming back Home to themselves using the practices of **Yoga of Embodiment**.

If you tend to feel stressed, overwhelmed, too much in the mind and you struggle to slow down, I trust that you will find this short booklet beneficial.

If you are feeling **the call to create a change in your life** but you don't know from where to start, I invite you to take the first step and start this 7-day journey with me.

I am looking forward to it.



What is Yoga of Embodiment?

For me, Embodiment is a **coming home to your body**.

I have developed this unique practice that I called “Yoga of Embodiment” out of my own healing journey of transformation and out of my 16 years of teaching yoga.

It is based on the principles of Yoga, and what’s unique about this style is that we focus more on how it feels to be in the body and not how we look in the pose. **It is about creating a dialogue with the body**, emptying ourselves and allowing all emotions to be felt. Practicing it, you will embrace techniques that will help you to live an embodied life also Off the yoga mat.

Anyone can practice Yoga of Embodiment.

It does not matter if you are young or old, flexible or not, whether you are a couch potato or an athlete, because there are modifications to every pose to suit the needs of each individual.

The practices and techniques of this type of Yoga will support you in moving out of the constant thinking of the mind and be more present with yourself, **so you can enjoy a more balance and meaningful life.**

Some of the benefits of Yoga of Embodiment are listed below:

- Enhances physical strength, stamina and flexibility
- Tones muscles which have become flaccid and weak
- Boosts functioning of the immune system
- Helps to relieve stress and stress related problems
- Teaches you ways of relaxation
- Improves concentration and self-control
- Teaches you how to be more present and more aware
- A better understanding of what your emotions are showing you
- Gives peace of mind and a more positive outlook to life



Within this booklet, I am sharing with you some steps/guidance accompanied by some short practices, **one for each day of the Journey.**

I trust you will find them beneficial and I hope they will inspire you in loving yourself more and **start to make yourself a priority.**



Initially, you might notice a resistance to commit to the practice. This is very common because we are not used to dedicate time for our self-care by slowing down and being with ourselves.

When you start to take these practices, I invite you to be curious about yourself and, as you go through them, make the practice pleasurable.

There is a lot wisdom inside of our bodies, it's like going to a new country and excited to explore it, that's how I would love you to go through this soul and body practice. **Tune into your instincts and know that there is no right and wrong.**

Enjoy the practices and enjoy the discovering of yourself.

With love
Claire





Before starting, take some time to set a routine.

Can you fit it in 20 minutes entirely for yourself?

Maybe once a week or more depending on your schedule which you know better than anybody else.

Each of the 7 practices consists of self-inquiry/journaling/contemplation and a yoga or meditation practice.

The yoga flow is suitable for beginners and as with any exercise routine, check with your doctor that it is ok for you to practice and as always listen to your body. Anything that is too painful, stop it.



Practice 1 – Slowing down

Welcome to your first practice

Learning how to slow down in our very busy and demanding life is of utmost importance. When we slow down, we can relax, release stress, have a clear mind, focus and allow our body to heal, rejuvenate and rebalance. One of the benefits of yoga, is that through its gentle movements and breathing, **the body is able to release tension that is held in different parts**, such as shoulders, head, back, hips. The body becomes softer and more agile.

This practice is about dedicating time to slow down and unwind the body as you release tension and rigidity from the body, because you **DESERVE IT. You are worthy.**

Before practicing the following yoga video **Slow Flow Yoga**, take some time to journal or simply ask yourself:

- How have I been lately?
- What are my priorities in life?
- Am I willing to take time for myself?
- How can I make this possible?
- Do I believe that I have a choice on how I live my life?



We all have a choice. You can choose to care for yourself and be able to care for the family, friends, your job and everything else. You can also choose to put yourself last and do not honour your body.

The choice is yours. And sometimes choices are hard to make, but if you do not choose to stop and honour your body when it needs to, **your body will stop you.**

I can share this from my own personal experience. I have juggled children, family responsibilities, work and everything else and I have put myself last for a long time until one day my body collapsed. I could choose to remain in the pain, discomfort, struggles, resentment or **choose to make a change and start to love myself.**

Click in the image below to access the Practice:



Suggested mantras:

It is ok for me to slow down.

I take time for myself.

I love and respect my body .



Practice 2 – I have a body not just a mind.

A gentle yoga flow where **you are invited to connect to your body**, to move out of the constant thinking and be in the moment.

Click in the image below to access the Practice:



Click in the image below to access the Practice:



Take some time to journal:

How is your physical body feeling?

- My feet feel e.g tired, sore, relaxed, rigid, tight, soft
- My ankles feel..
- My calf muscles feel..
- My knees feel..
- My thighs feel..

Keep going including your whole body.

This exercise helps you to start to create a dialogue with your physical body.

Suggested mantras:

I am connected to my body.

I am safe.

Everything is as it should be.



Practice 3 – Yoga for back pain

The practice for today is called **Yoga for back pain**.

Many of us hold tension and pain in the back of our body. There are various causes with the most common being: long hours sitting down, bad posture and weak muscles.

I invite you to take this short flow to release tension in your back body.

Click in the image below to access the Practice:



Suggested mantras:

I relax my body.

I release tension from my back body.

My body is strong.



Practice 4 - Feeling Safe

One of the most important factors to be present in your body is to **feel safe within it**. Many of us have been through traumas or situations in our life where our body did not feel safe.

Because our body is amazing, it supported us by moving out of the body as a way of protecting us. **There is nothing wrong with you, however it might be time now to step back within.**

The short practice invites you to do that.

Click in the image below to access the Practice:



Suggested mantras:

I am safe.

My body is my temple.

It is safe to connect to myself.



Practice 5 - Present within the Heart

Today I invite you to **Step into your Heart.**

Bring both hands, one on top of the other on your heart centre, the space in between your breast bones. **Feel the beating of your heart.**

What is that your heart desires at this moment?

Be honest with yourself. Feel free to journal.

Click in the image below to access the Practice:



Suggested mantras:

I trust the desires of my heart.

My heart is safe to open.

I am able to give and receive.

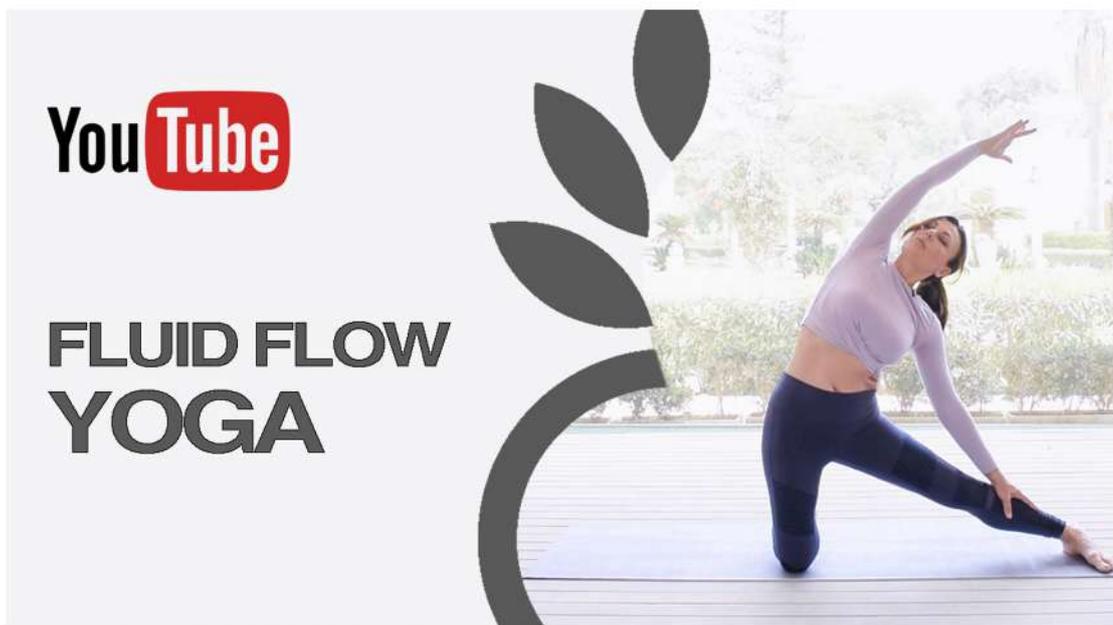


Practice 6 – Finding Fluidity

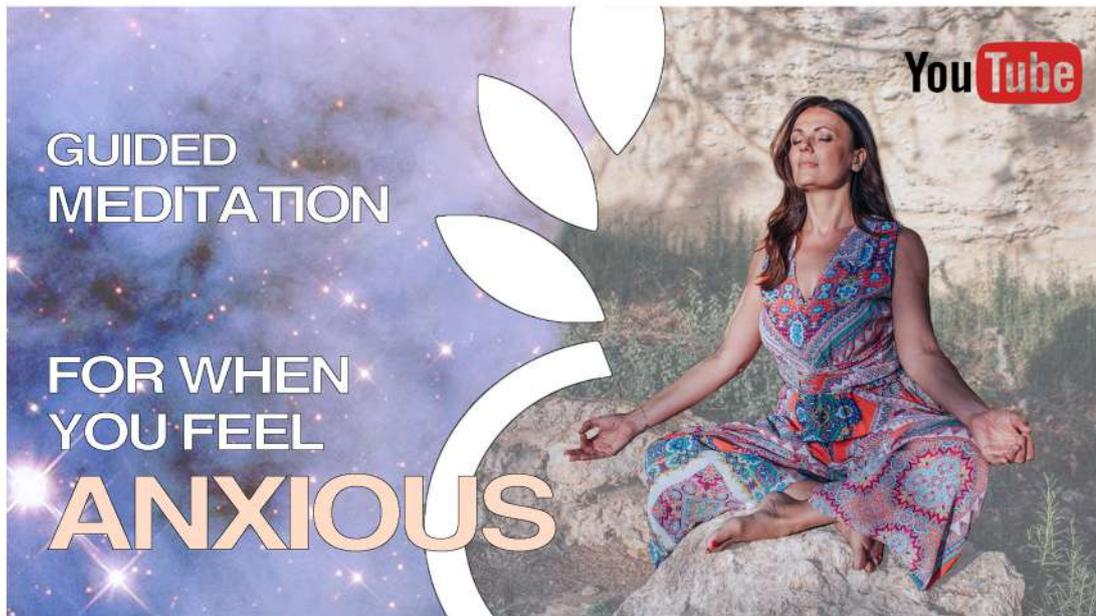
Today I invite you to **find fluidity in your body**, to release rigidity and stagnant energy in a short time.

Let's tune into the beauty of being alive in this beautiful body.

Click in the image below to access the Practice:



Click in the image below to access the Practice:



Suggested mantras:

I allow my body to flow.

I release tension.

I breathe deeply and let go of stress.



Practice 7 - Empowering Yourself

Today we will reconnect to your **inner power**, the inner **fire that is present right within you**, the fire that will support you in keeping your practice of self love, of coming back to yourself.

Click in the image below to access the Practice:



Suggested mantras:

Yes, I deserve to care for myself.

Yes, I love myself.

Yes, I am an amazing human being.



“There is a space within you that is always at peace.

There is a part of your being that is always aligned to your own truth.

When we are in that space of peace we experience our inner truth.

Each one of us passes through times of experiencing bliss, health and joy and times of experiencing intense physical and emotional pain.

The practice that I am inviting you to during these days is not to be able to experience a desired state of being but to stay and be present with life’s experiences, without identifying with the experience and feeling.

You are not your emotions and feelings.

It is about allowing and being present with what is happening within and instead of pushing and trying to go in another place, to simply stay present with whatever is arising.

There is an inherent wisdom in total presence and acceptance.

Our society neglects living within the body and with our instincts. We tend to mostly live in the mind. To be able to heal and grow we must be able to sit with ourselves, with the pleasant and the unpleasant emotions. We must be able to sit with our pain and heal our wounds.”

I hope you have enjoyed these practices that I have lovingly created for you. Thank you for taking the time to practice with me and for trusting me. If you have any queries or you need more support you can contact me on info@embodiedvoyage.com.



If you have found this short guide beneficial, I invite you to check out my Online Studio:

The Embodied Voyage app:



The Embodied Voyage

the community of Coming Home.

[Discover more](#)

The Embodied Voyage is a companion, an online space created with the aim of supporting you in filling your cup when you need to by slowing down, relaxing and coming back to yourself.

We are living through stressful & chaotic times and it is so easy to lose ourselves!

Yet within us, there is a space of bliss and serenity that we can access when **we are calm and relaxed**.

The Embodied Voyage is a powerful opportunity for transformation and growth, where you are invited to Relax, Slow down, Discover more of Yourself and start living a more Embodied Life in a safe and sacred space through Yoga, Meditation and Embodiment practices.

The Embodied Voyage provides an **ever growing library** of courses and articles, recorded Yoga classes, Meditations, Breathing exercises, Embodiment practices, monthly Live Classes and the support of a Community. All at your fingertips with our desktop & mobile app.

Here, we aim to support each other to experience the unique transformation that can be felt with **consistent practice, love and dedication**.

Looking forward to journey with you.

With Love,
Claire

