

Making a little time for you *this autumn*

*As we head towards autumn, it's nature's invitation
to let go a little and turn inwards.*

Summer may have been busy, with work, family life and deadlines.
If like us, you're looking for a few small ways to create
a bit of you-time this season, here are a few ideas.

FOUR SMALL WAYS TO MAKE TIME FOR YOU

1

Slow down your morning

Get up a little earlier and savour your cuppa and breakfast, rather than rushing.

2

Get into bed a little earlier

Maybe with a book instead of screens.

3

Write more

Perhaps a journal or gratitude, even just three good things a day.

4

Give yourself permission

For a little self care. Small shifts make a big difference.

Join us for a *sound bath*

*Because when you take a little time for you,
you can show up as your best for everything and everyone.*

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