



EMBODIED

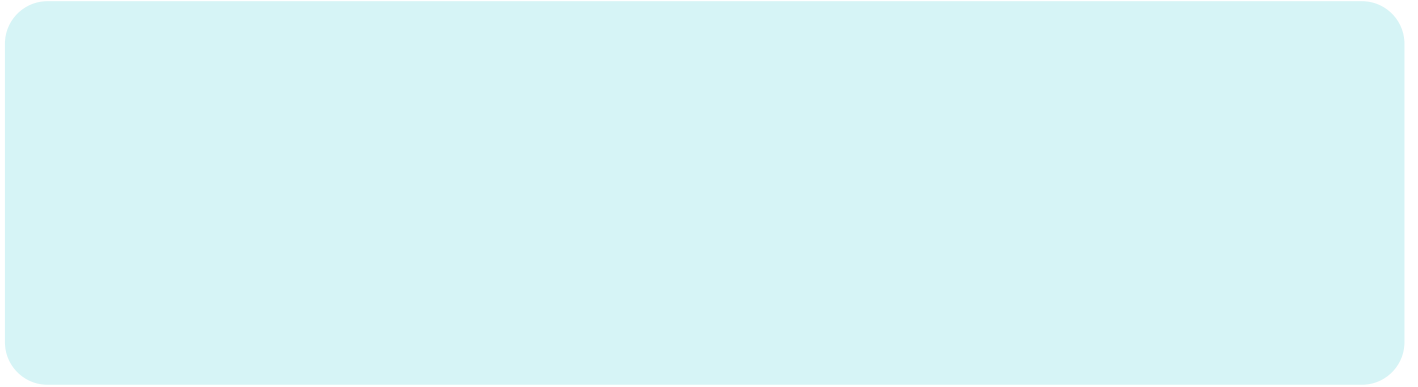
Sacred Body Planner

~ JENNIFER GLEESON BLUE

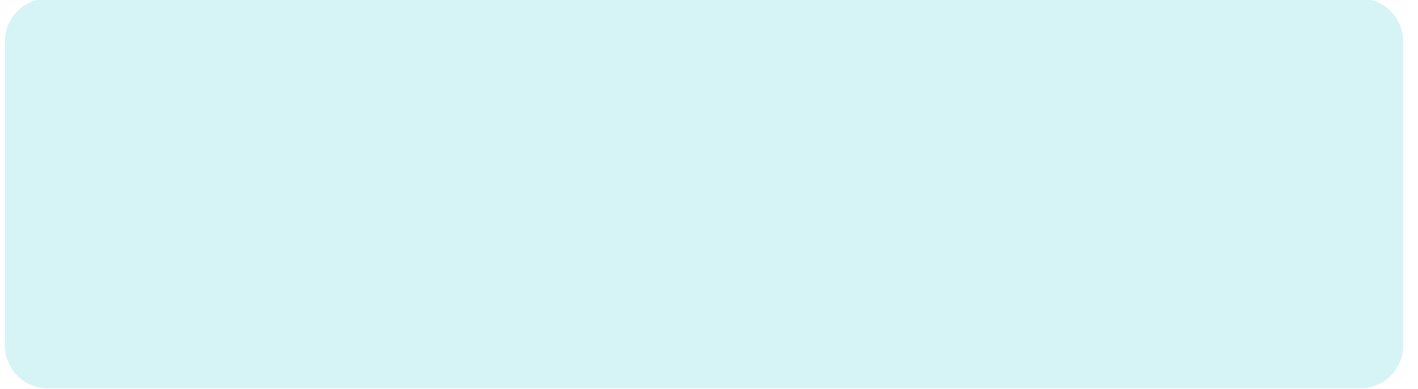
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Sacred Body Overview

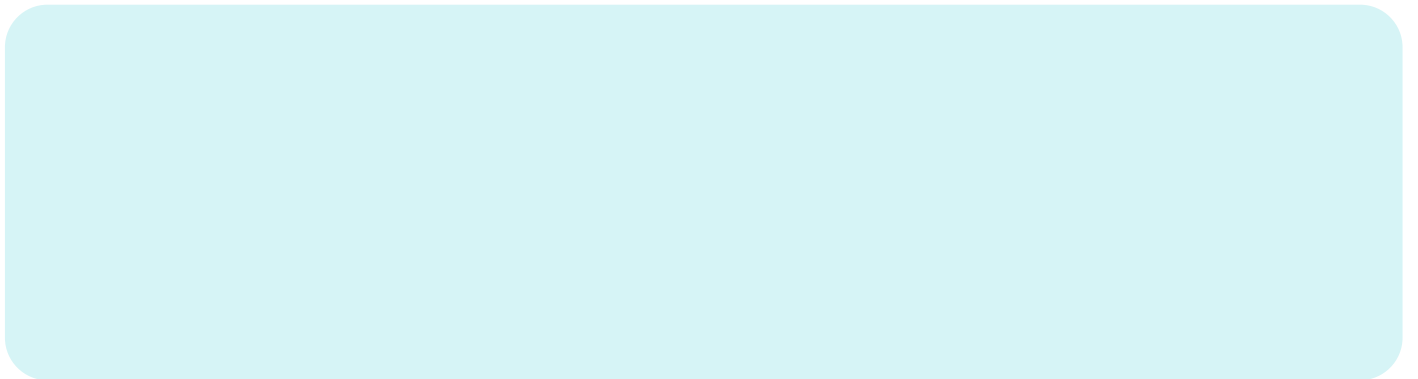
Small, everyday practices and movements that nourish me:



Frequent, weekly or monthly experiences that bring me home to myself:



Larger, occasional experiences that give me deep sustenance for the embodied journey:



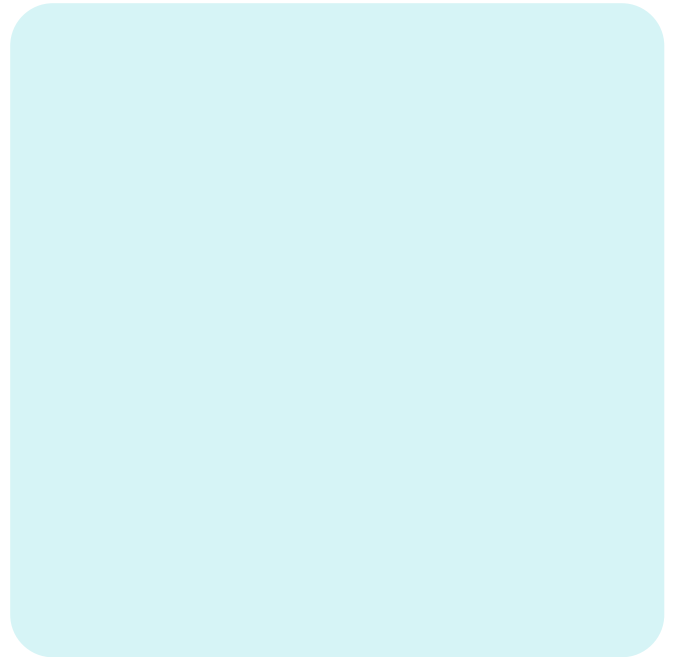
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Sacred Body Seasonal Planner

Season: _____



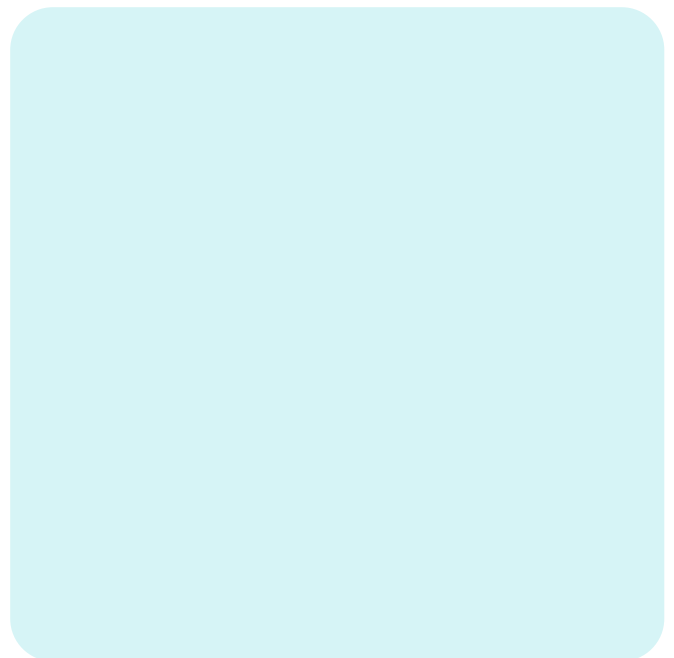
Season: _____



Season: _____



Season: _____



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Sacred Body Weekly Planner

Before writing up your weekly planner, be sure to drop into the body and give yourself as expansive an experience as possible. A little bit of flow movement, a walk or the meditation, I Am An Ocean, can be quite useful for this.

When I step into the truth that my body is sacred, I feel:

The quality of embodiment - of being at home and integrated - I most desire to experience more of this week is:

These are the practices/movements I willingly choose daily to cultivate this quality:

One extra action I will take this week to feel amazing in my body is:

One disembodied action I will let go of this week is:

To remind myself of this plan, I will put this: