

5 Senses

Calm Ritual Kit

1. Set the moment

Sit comfortably, place your phone away, and prepare your space.



2. Sight - 2 minutes

Turn the sand timer and softly watch the sand fall until it finishes.



3. Smell - 4-5 breaths

Apply the essential oil and take 4-5 deep breaths through your nose.



4. Touch - 1-2 minutes

Hold the stone and slowly move your fingers over it, noticing its texture and weight.



5. Sound - 2-3 times

Gently strike the singing bowl 2-3 times, fully listening until each sound fades.



6. Breath - 6-8 cycles

Breathe in for 4 seconds and out for 6 seconds for 6-8 slow breaths.



7. Close

Sip your chamomile tea slowly and allow your body to fully settle.

