



HOW TO CREATE AN AT-HOME SANCTUARY

Looking for the perfect way to unwind after a long day? Need a little self-care and stress relief? The convenience of having an At-Home space makes it much easier to stretch, practice active flexibility, practice yoga or even meditate daily. What better way to relax and recharge than having a dedicated space in your home for your very own sanctuary. A safe, quiet, designated spot in your home where you can take a breather — be mindful, meditate, stretch, do a little yoga, and relax without interruption. Be it a full room or just a corner, it is your quiet place to meditate, read a book, practice yoga, nap, or simply relax and unwind. Most importantly, it should be your feel-good place, offering you peace and privacy from the outside world. Make it a space you can use generously to escape from the daily grind and hustle and use it as much and as often as you need. Reduce stress and experience serenity instead, your mind and body will be grateful!

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You don't need a lot of floor space! What matters most is a space that allows you to feel calm. It's perfectly okay for your dedicated space to be multi-functional. In addition to stretching, meditation or yoga, maybe you also utilize that room for quiet reading space. Your space needs to be just large enough you can move around and if need be a room divider or screen can give you privacy. Make plans now to cleanse and clear out that extra space that somehow became a storage room and lets create your very own tranquility room.

To ensure your room is filled with positivity and good vibes, the most important element is that you feel great in it. This is your personal self-care space, so take charge of your surroundings. Visualize yourself using the space. You want your space to feel calm and, if possible, you want natural lighting. A non-slip flooring like natural hardwood or laminate will give you a smooth and safe surface for your stretch or yoga mat. Products like Lifeboard can be placed over carpet to give you the stability you'll need for staying grounded and balanced while holding yoga poses or practicing active flexibility. If you're handy you can even create your own DIY hardwood surface; there are plenty of YouTube videos that will guide you step by step.



Consider using natural materials and renewable resources in your space to enhance your experience by creating a connection to earth elements. Rattan, bamboo, cotton, wood and cork are excellent materials to decorate and accessorize with. Similarly, choosing a non-toxic paint will help keep your yoga area clean and safe. A calming color palette is one of the most cost-effective ways to create your retreat. Cool colors like blues or greens or neutral colors are tranquil and relaxing while brighter yellows or orange can be fresh and energizing. Visual interest or a feature wall can help create a focused mind and can be accomplished with a painting, photo, or wallpaper. Plants can provide a breath of fresh air and represent a visible calmness. Whether you place them on a shelf or in a basket in the corner of your room, you would be surprised how much plants not only help to purify the air but can also boost your mood by bringing a little bit of the outdoors inside.

You may prefer to opt for ambient lighting. This can be accomplished with a dimmer switch or you may simply use candles to set the tone. LED candles are a safe alternative while providing the same effect especially if you have pets or small children. Appeal to your senses with scented candles or an oil diffuser. Calming music or sounds like ocean waves playing in the background is another way to set the mood. A wall mirror or mirror placed against a wall will allow you to check your technique and keep an eye on your form. Additional equipment includes a yoga strap, a set of blocks, a bolster, a blanket, meditation pillow, towel, and scented eye pillow for post session relaxation. Your personal retreat room is the perfect place to decorate with what makes you happy such as inspirational items like crystals, flowers, a framed quote, photography or even reference books. A storage ottoman, basket, or trunk is a great place to store mats, blocks, blankets and any other equipment to keep your space clutter free and help you get in the right mindset for your stress relieving practice.

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Before you know it, you'll be associating your stretching props with joyfulness, and look forward to keeping up your daily routine, inspired to stick with your goals and set yourself up for success!

Staying hydrated is important for a well-balanced, healthy lifestyle. Make sure to keep your water bottle nearby while stretching, practicing yoga or even meditating so you can take a quick sip between poses and continue drinking throughout the day. Drinking tea after your session will both hydrate and ease you back into the day. Teas come in a wide array of flavors to suit your mood and the time of day from energizing to soothing to bedtime.

To unplug with scheduled downtime in your own silent retreat, plan ahead and block out time for yourself. Having a dedicated space can make it easier to stay consistent and practice stretching, yoga or mediating more often. Even short moments of silence and space will make a huge difference and that can have a lasting impact on your health and well-being!



4 Key Tips to Making an Impact on YOUR Health

1. Give yourself a space where you can transform your life. Unplug and grant yourself the time and the permission to be completely in the present.
2. Be kind to yourself by engaging in a self-care activity.
3. Make it your mission to cultivating that space daily.
4. The more consistent you are in taking time to unwind, the easier it will become to slip into a peaceful state of mind.