

The 5-Minute *Slow Down* Ritual

A short, grounding audio to help you return to your body.

This ritual is a gentle pause - a moment to soften the pace you've been keeping and come back into yourself.

Let this be your invitation to slow down, breathe a little deeper, and feel your own presence again.

You don't need to prepare anything.

You don't need to "do it right."

Just arrive as you are.

How To Use This Ritual

Use this practice anytime you feel yourself speeding up or drifting away from your centre.

- in the morning before the day begins
- between tasks or transitions
- after a conversation that left you activated
- before bed when your mind feels full
- anytime you want to feel grounded, steady, and present

Let it meet you exactly where you are.

Before You Press Play

Take a moment to settle.

- place your feet on the floor
- let your shoulders soften
- feel the weight of your body
- allow your exhale to fall out naturally

This small pause prepares your nervous system to receive the ritual.

Listen the Ritual

→ Click [HERE](#) to listen. Enjoy!

