

EXCLUSIVE E-BOOK

The Slow Down Collection Companion Guide

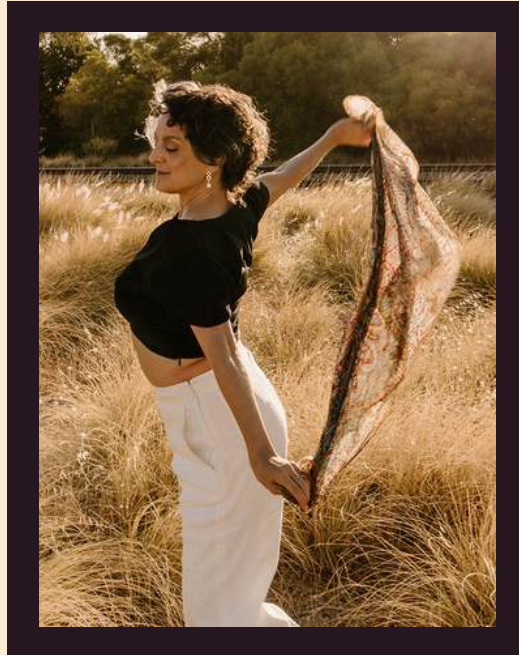


*Downloadable
eBook*

By Claudia Scalisi

CLAUDIA SCALISI

Walking this path with you



WELCOME!

This guide was created to travel beside you as you move through
The Slow Down Collection — not as a lesson, but as a living companion.

Each page is a threshold into **settling, rooting, and opening.**

Each ritual is a way back into your body's truth.

When your body softens, your clarity returns.

When your breath deepens, your voice does too.

If your rhythms feel fractured... If your body is tired of bracing...

If something in you is whispering for a different pace...

This is your invitation. A doorway back to yourself.

Your slow down begins here.

HOW TO USE THIS COMPANION GUIDE



The Slow Down Collection — a three-part somatic descent that helps your system do what it's been longing to do:
settle → root → open.

Inside you'll find:
three guided breath audio practices on Page 3
and the five nervous-system rituals from Page 4 onwards.

What the Rituals Do

Each ritual begins with a simple breath cue — an optional somatic primer to help your system shift state before you enter the ritual or press play on a guided practice.

They signal safety.
They soften vigilance.

Every ritual opens a different doorway into slowing down — through breath, sensory cues, rhythm, and micro-moments of repair.

How the Rituals + Audios Work Together

You can use a ritual:

- before a guided practice (to prepare your system)
- after a guided practice (to integrate the shift)
- on its own when you only have a moment

There is no correct order.
There is only what your body asks for.

Suggested Ways to Use This Guide

Choose one ritual and one audio per day — or don't. Let your body decide.

Use the audios when you need support shifting state.

Use the rituals to anchor that shift into your daily rhythm. Move slowly.

Repeat what feels good.

Blessings, Claudia



THE SLOW DOWN COLLECTION

These three guided audio practices form a somatic descent — from quieting the mind, to grounding into your centre, to opening the inner landscape. Let your body choose where to begin.

SETTLE & SOOTHE

A Breath to Quiet a Busy Mind Before Bed

For the nights when your thoughts won't slow down or your body feels restless.

This practice unwinds your system, softens the edges of the day, and guides you toward the exhale your body has been reaching for.

[LISTEN HERE](#)

ROOTED PRESENCE

A Grounding Breath to Bring You Back to Yourself

For the times you feel scattered, overstimulated, or emotionally thin.

This practice steadies your energy, anchors your attention, and reconnects you to your centre.

[LISTEN HERE](#)

EXPANDING BREATH

A Practice to Create Space in Your Body and Mind

For the moments when your chest feels tight, your thoughts feel compressed, or your life feels too full.

This practice opens the inner landscape, softens pressure, and restores the spaciousness and ease.

[LISTEN HERE](#)

1. THE THRESHOLD RITUAL — ENTERING THE SLOW DOWN

BREATH CUE:

Inhale gently for 4 counts, exhale slowly. Repeat until your body sighs. This ritual prepares your system for any of the three guided practices.

PRACTICE:

As you cross the threshold into slowing down, light a candle or two. Let your body know: this is a place of safety.

SENSORY ANCHOR:

Dim lighting, soft textures, a scent that invites grounding, try cedarwood, vetiver or lavender



“LET THIS BE THE
DOORWAY TO YOUR
BODY’S RYTHM.
LET BREATH BE
THE ANCHOR THAT
BRINGS YOU HOME”





2. THE DESCENT RITUAL — RELEASING VIGILANCE

BREATH CUE:

4-7-8 breath:

Inhale through your nose for 4 counts,
hold for 7,

Exhale slowly for 8

PRACTICE:

Begin either seated or laying down.

Scan your body from crown to soles.

Name each sensation.

Let your system release what it's been
holding.

SENSORY ANCHOR:

A weighted blanket, warm herbal tea,
silence or soft ambient sound.

“LET YOUR BODY
YIELD TO GRAVITY.
LET BREATH BE THE
SOFTNESS THAT HELPS
YOU SINK INTO THE
EARTH.”





“SOFT TEXTURES AREN’T
INDULGENT—THEY’RE SIGNALS
OF SAFETY. A GNETLE CUE THAT
TELLS YOUR VIGILANT BODY
IT CAN SLOW DOWN,
SOFTEN, AND BE HELD.”

3. THE COCOON RITUAL — CREATING CONTAINMENT

BREATH CUE:

Inhale slowly through your nose.
Allow a gentle hum on the exhale.
Let your lips touch, feel the humming
sensation ripple through your face.

PRACTICE:

Wrap yourself in soft layers. Sip
something soothing. Let your posture
soften and melt into what supports you.

SENSORY ANCHOR::

Cosy knits, beeswax candle, a scent of
vanilla, ylang ylang or myrrh



“LET YOURSELF BE
WRAPPED AND HELD.
LET BREATH BE THE
SOFT WEAVE THAT
KEEPS YOU CLOSE.”



4. THE DEVOTION RITUAL — HONOURING RHYTHM

BREATH CUE:

Alternate nostril breathing for balance and integration.

Use one hand, block your right nostril, inhale through left. Block left nostril, exhale right. Then swap and continue.

PRACTICE:

Turn off screens.

Disable notifications.

Say no to urgency. Say yes to rhythm.

Let devotion replace discipline.

SENSORY ANCHOR:

Familiar textures, intentional quiet, a gentle wind-down playlist.

“LET RHYTHM BE
WHAT YOU HONOUR.
LET BREATH BE THE
GUIDE THAT SETS
YOUR PACE.”



5. THE SOVEREIGNTY RITUAL — LEADING FROM PRESENCE

BREATH CUE:

Box breath: Visualise a square.
Inhale through your nose for 4 counts.
hold for 4,
exhale 4,
hold 4.

PRACTICE:

Reflect on one micro-choice that
honoured your body today.
Let it be enough.

SENSORY ANCHOR::

A journal by your side, a mantra
whispered before you act, a soft hand
placed on your heart before speaking'.



“LET YOUR PACE BE
YOUR POWER.
LET BREATH BE THE
QUIET AUTHORITY
YOU FOLLOW.”



REFLECTION PROMPTS

Use this space to integrate what your body revealed during the practices — the settling, the rooting, the opening.

Write Your Notes Here

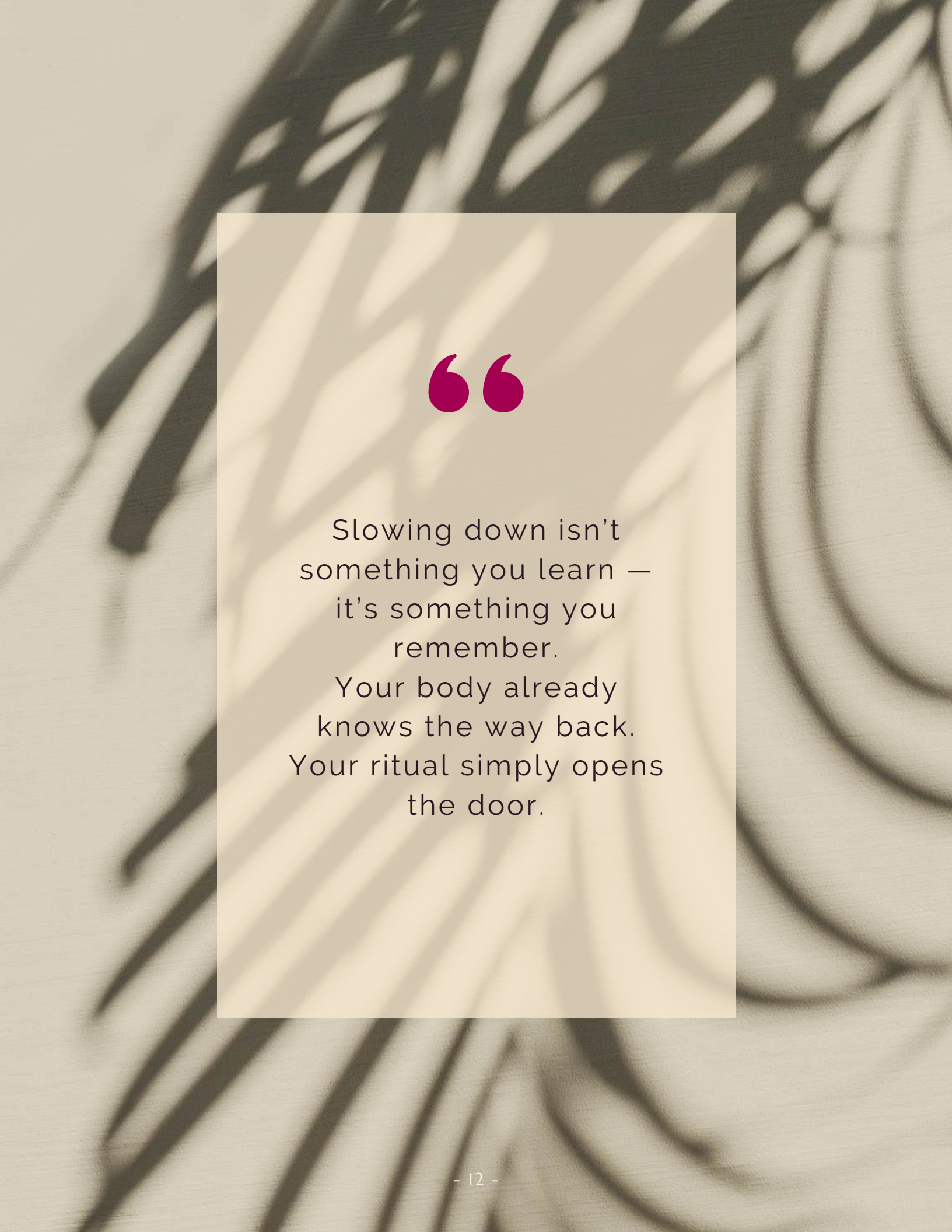
YOUR SLOW DOWN RITUAL TRACKER

These rituals are not tasks — they are thresholds. Each breath is a return.
Each choice is a reclamation. Track the rituals that support your
descent into settling, rooting, and opening.

Month: _____ / Week: _____

MON	TUE	WED	THU	FRI	SAT	SUN	THE RITUALS
☐	☐	☐	☐	☐	☐	☐	The Threshold Ritual
☐	☐	☐	☐	☐	☐	☐	The Descent Riutal
☐	☐	☐	☐	☐	☐	☐	The Cocoon Ritual
☐	☐	☐	☐	☐	☐	☐	The Devotional Ritual
☐	☐	☐	☐	☐	☐	☐	The Sovereignty Ritual
☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	





“

Slowing down isn't
something you learn —
it's something you
remember.

Your body already
knows the way back.
Your ritual simply opens
the door.

A photograph of a woven basket filled with white daffodils, some with yellow centers, resting on a light-colored woven surface. The basket is partially visible on the left side of the page.

THE RECONNECTION JOURNEY

You've moved through the sacred terrain of slowing down, and now the path opens wider.

What if this is just the beginning? What if reconnecting with your presence is the first portal to reclaiming your whole self—your rhythm, your clarity, your inner steadiness?

If something stirred in you during this experience — a remembering, a longing, a quiet yes — I'd love to meet you there.

The Reconnection Journey is the next step: a six-week, body-led return to yourself. A space to rebuild trust with your nervous system, soften vigilance, and reclaim the rhythm your life has been asking for.

The next round opens soon, and the waitlist is where everything begins.

Joining gives you early access, waitlist-only bonuses, and access to a private Telegram group to support you while you wait.

You are already returning.
If you feel the pull, trust it.
Click the button below. I'll meet you there.

With reverence,

Claudia

[**Join the Waitlist Here**](#)