



*rest.reflect.recharge*

with Leigh Taylor



# Beautiful Rituals for body, mind & spirit

Welcome!

I want to share two beautiful rituals with you that are very dear to my heart.  
I hope that these practices may nourish you and support your wellbeing.

I look forward to sharing more soothing practices with you.

May you be happy & well.

With love and gratitude,  
Leigh





# mindful tea time



## TULSI TEA - "HOLY BASIL"

Holy basil, also known as *Ocimum tenuiflorum* or *Ocimum sanctum*, is a fragrant flowering herb from the same botanical family as sweet basil, the familiar culinary herb.

For over 5,000 years, *tulsi*, also known as holy basil, has been revered in the Indian tradition for its religious, medicinal, and spiritual value. While relatively new to Western wellness practices, *tulsi* is now commonly found in herbal remedies, tinctures, and essential oils. Its dried leaves are also steeped to make a refreshing and energizing herbal tea. The variety of Holy Basil, often referred to as *tulsi*, *tulasi*, or the

"Queen of the Herbs," has been traditionally cultivated for its spiritual significance and therapeutic properties in Ayurvedic, Chinese and folk medicine. Its leaves, stems, and seeds are commonly used to prepare herbal tea, tinctures, and essential oils. Traditionally used to support respiratory health, digestion, skin conditions, and joint health, modern research is beginning to validate several of its therapeutic uses.

It has a distinct, bold, and peppery flavour when consumed.

Tulsi is part of the *Lamiaceae* family of aromatic flowering herbs that also contains mint, sage, oregano, rosemary, and lavender. Originally native to north-central India, holy basil has a long history of cultivation throughout Southeast Asia and is now cultivated in many parts of the world.

It contains Vitamin A; Vitamin C; Vitamin K; Iron; Zinc; Calcium and Manganese.

Holy basil is rich in vitamin K, a fat-soluble micronutrient that helps support heart health and bone mineralization. One-half cup of fresh leaves contains almost half of your full daily recommended intake of vitamin K.

The nutrient is also beneficial for digestive support and brain function.

### Specific benefits and uses may include:

- In *Ayurveda*: The *tulsi* plant has been used for thousands of years in *Ayurveda*, a system of traditional Indian medicine. In *Ayurveda*, *tulsi* is considered an adaptogen, a natural herb that helps the body adapt to outside stressors. The herb is used in many forms - fresh, dried, powdered, herbal tea, essential oil, as a potent *Ayurvedic* remedy for a variety of common ailments.
- Stress and Anxiety Relief: As an adaptogen, holy basil may help regulate stress by balancing cortisol levels and supporting adrenal function. Helps to restore psychological balance.
- Respiratory Support: Bioactive compounds such as eugenol, camphene, cineole, and camphor may help clear airways, improve breathing, and fight cold and flu viruses.
- Oral Health: Anti-inflammatory and antibacterial compounds like ursolic acid, rosmarinic acid, and eugenol may reduce plaque buildup and support gum health.

Potential Risks Note: Always consult a healthcare provider before incorporating holy basil tea into your daily routine, especially if you are pregnant, nursing, or taking medications.

## Recipe



### How to prepare a soothing cup of *tulsi* tea

- Always brew with fresh, pure, filtered water.
- If you're steeping just the *tulsi* leaves, you can use the same temperature for a herbal tea. For most herbal teas, it is best to use water at a full boil - between 203°F and 212°F (95°C–100°C). This high temperature allows for optimal extraction of the herbs' flavours and beneficial compounds. However, for more delicate herb matter, slightly cooler water may be recommended to avoid bitterness or over-extraction.
- If your *tulsi* herb package came with specific recommendations for brewing, use those. Generally use one tea bag or up to one tablespoon of loose leaf tea per 8 oz. or approx. 240ml cup of water.
- Cover the *tulsi* infusion while it's steeping to keep all the heat in the vessel.
- Taste the brewed *tulsi* after the recommended infusion time, generally steep for 2 to 3 minutes, and then decide whether it needs more time.
- You can reuse the infusion a couple of times depending on your preference.
- If you prefer you can add a little sweetener of your choice, or a squeeze of fresh lemon or orange.

### Buying & Storing *Tulsi*

*Tulsi* doesn't spoil but can lose freshness over time. For best flavour, buy from a trusted source that shares processing details. When stored in a cool, dark, and dry place (away from light, moisture, and strong odours) it can stay fresh for up to two years.

Sip mindfully and really savour the natural flavour of your cup of *tulsi* tea.



*All illustrations are original and the property of Leigh Taylor, specially created for Nourishing Rest by GALLI, the artist.*

*One of my cherished memories in India and Nepal is smelling the fragrant tulsi leaves at temple entrances. Whether it is a tiny village shrine or an ornate city temple, you can be assured that there is a tulsi bush guarding the entrance and welcoming devotees.*

*Tulsi (holy basil) is considered the most sacred plant in India. Found in temple courtyards and homes, it is revered daily for purity, protection, and spiritual blessings, with leaves essential for ritual offerings.*



## Key Benefits of Yoga Nidra:

- Powerful Nervous system Reset
- Enhances focus & awareness
- Boosts creativity
- Deep rest & promotes better quality sleep



# Metta practice with Yoga Nidra

*If your compassion does not include yourself  
it is incomplete.  
Jack Kornfield*

Start off by placing your hands on your heart and checking in with yourself. Taking three mindful deep breaths, exhale slowly through the mouth. Mindfully (with your palms together if you wish) honour yourself and others by saying this prayer of loving kindness (metta practice).

Keeping in this altruistic mind, lie down flat and comfortably in Savasana and contemplate this prayer as you systematically relax and allow yourself to rest for 15-20 minutes.

## A metta/maitri (loving kindness) prayer

May all my challenges, inner outer and secret,  
all difficult emotions and physical pain be heard  
and held with compassion.

May fear, sadness, anxiety and confusion

Be clarified and dissolve

May I meet pain and suffering with compassion, wisdom and courage,  
allowing for my inner being to feel safe and cared for.

May my self-talk be kind, nourishing, uplifting, and truthful.

May all beings be free from suffering.

May all beings, including myself, be happy and well.



Lie down in Savasana (corpse pose)  
on a yoga mat or thick carpet.

Place a bolster or two stacked pillows under  
your knees and ensure your neck and head are  
comfortable. Cover yourself with a blanket as  
you allow body and mind to totally relax.

Use an eye cover to quiet the mind.

*All illustrations are original and the property of Leigh Taylor,  
specially created for Nourishing Rest by GALLI, the artist.*





Leigh Taylor

Leigh has been hosting womens retreats since 2000. She is a seasoned Meditation Instructor and mindfulness facilitator. Her formal qualifications include training as a Life Coach (UK Certified since 2015); Yoga Nidra, Yin and Restorative Yoga teacher and Trauma conscious & Mental Health First Aid training.

Leigh has been studying Eastern philosophy, meditation and ancient mindful practices intensively for the past 26 years. She spent 15 years living in the Himalayas, learning from accomplished yogis and meditation masters and spent extensive periods in group and traditional solitary meditation retreats. She regularly travels to Asia and in 2026 she will guide another Sacred Journey pilgrimage in Nepal.

Leigh's speciality is facilitating yoga nidra, a practice for deep restorative rest and relaxation which she has been guiding for more than a decade for individuals, small groups and in corporate settings for stress management and deep relaxation. Leigh shares easeful simple practices combining a contemporary approach with authentic methods to meet women wherever they are.

Leigh lives near Barcelona by the seaside with her partner Justin. Their dream is to establish a meditation and healing centre for deeper meditation retreats and holistic wellbeing.



*Thank you & stay in touch*

[www.nourishingrest.com](http://www.nourishingrest.com)

We look forward to staying connected!

Follow us on Instagram @nourishingrest

[info@nourishingrest.com](mailto:info@nourishingrest.com)

Listen to our podcast:

<https://podcasts.apple.com/us/podcast/nourishing-rest-for-wellbeing/>

