

# Your Reflect & Feel Guide



# Welcome

**Welcome to your Gift Bundle 'Reflect & Feel Guide'. You can use this guide to plant the seeds of your intentions, deepen your practice and take a moment to reflect. Or use the guide to create your own half or full day retreat.**

For example: practice vinyasa in the morning, breathwork in the afternoon and yin in the evening and use the guide to flow through your day mindfully, to unwind, reconnect to yourself and gain new insights.

Plus: we'll share an amazing recipe with you to transform your day into a retreat for yourself.

**Have a beautiful practice!**





*Yoga happens beyond the mat,  
anything you do with attention to how you feel,  
is doing yoga.*

- Unknown

# Set your intention

## planting the seeds

**In yoga classes, you're often invited to set your intention. But what is an intention? An intention is like a seed that you plant of something that you wish to cultivate. It can be a feeling state, a practical (physical) goal or a quality.**

Maybe you have been feeling stressed and you would like to feel more relaxed and at peace. Perhaps you've been working a lot and would simply like to feel more space in your body. Or maybe you want to practice honoring your boundaries. You can use your yin yoga, breathwork or vinyasa flow to practice and develop these things.

For example, staying with the discomfort in a deep yin stretch will eventually give you more space in the body. An intention helps you to stay dedicated, even when life or your practice gets challenging. This is where personal growth starts to happen.

Intentions are incredibly powerful. By setting your mind to a certain intention, you already start to water that seed. You might know the saying: whatever you give your attention to grows. The same is true for your intentions.

**So let's plant the seeds of your intentions and watch the flowers in your garden grow.**



# Set your intention

## planting the seeds

### How to set your intention

You can set an intention for your practice, your day, your week or even a year. An intention is most powerful when it comes from the heart, rather than the mind. That's why it's important to first tune in with yourself.



**Close your eyes and take a few deep breaths in and out.**



**Allow yourself to feel the sensations in your body.  
Become aware of how you feel.**



**Place your hands on your heart and take a few deep breaths  
in your heart space.**



**Now simply ask yourself some questions:**

- **What is most important now?**
- **What would I like a little more of right now?**
- **What needs balancing?**

Allow the answers to come up from the inside, rather than the mind. Maybe there's a word or a feeling that you can take with you as an intention for your practice or your day. If it stays silent for now, maybe that's an answer too.

**For a deeper reflection. Keep on reading.**





*Your body exists in the past and  
your mind exists in the future.  
In yoga, they come together in the present.*





*-B.K.S. Iyengar*

# Today is a good day to reflect




## journal prompts

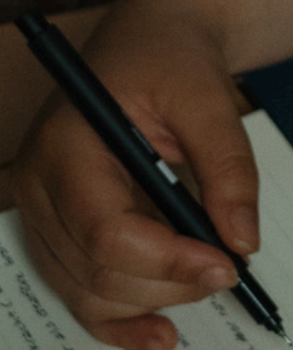
Journaling can be an incredible way to deepen your practice. Let these prompts help you to reflect, set meaningful intentions, and gain insights into your personal journey. Grab a notebook and take your time to reflect on these prompts throughout your day to transform it into your personal retreat or pick and choose whenever you want to gain clarity.

### Morning reflection

-  How do I feel as I start this day? What is my current state of mind and body?
-  What do I hope to achieve or experience during this day?
-  How would I like to feel at the end of the day?
-  What intention do I want to set for today? Why is this intention important to me right now?

### Evening reflection

-  How do I feel as this day comes to a close?
-  What are three things that I'm thankful for today?
-  What insights or lessons will I take with me from today?



*In truth - yoga does not take time,  
it gives time.*

- Ganga White



# Green Alchemy Detox Soup



To transform your day into a retreat that nourishes your body, Carmen from the DNYS Café shares her recipe for a delicious detox soup: the Green Alchemy Detox Soup. This broth strengthens the immune system, decreases inflammation, improves digestion and is amazing for the skin. Enjoy for lunch, dinner or both!

## What you need (1,5 liters of soup)

200 grams green beans	1 liter of water
50 grams of spinach	2 stalks fresh parsley
1 bag of celery	Pepper
1.5 courgettes	1 Bouillon cube

## Kitchen supplies

Large soup pot  
Knife  
Cutting board  
(Hand) blender

## Steps

- Trim the ends of the green beans if necessary.
- Break the celery stalks and wash them thoroughly (there's always a bit of sand between the stalks).
- Chop the green beans, celery, and courgette.
- Put a pot of water on the stove, add the chopped vegetables and the remaining ingredients, and bring to a boil.
- Let it simmer for about half an hour.
- Remove the pot from the heat and blend the soup with a (hand) blender until smooth.
- Now the soup is ready! Enjoy!



Thank you  
For joining us

