

A GUIDE TO *Wellness*

BY MERCEDES COLEY



THE MINDFULNESS
WORKBOOK –
SIMPLE TIPS FOR DAILY RELAXATION AND HEALTH

WELCOME FRIEND



Welcome to your guide on enhancing wellness at home! At Asante Bodyworks, we believe in the power of daily relaxation and mindful practices. Because you deserve healing touch, we've curated simple yet effective tips to enrich your home wellness routine.

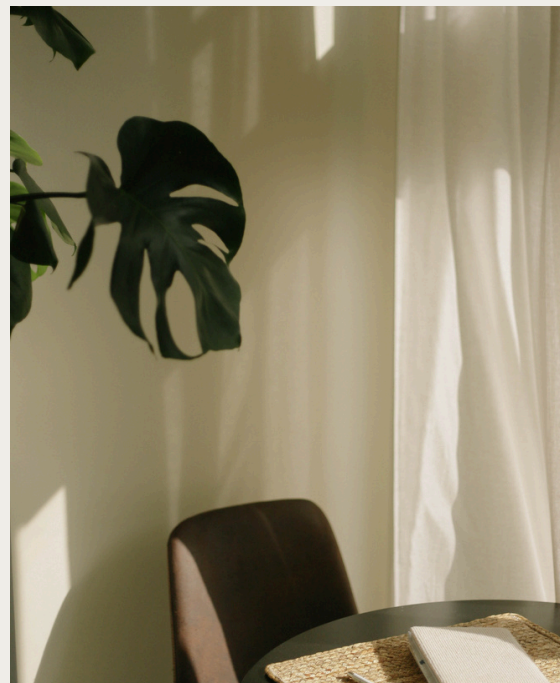
Mercedes Coley





CREATE A RELAXING SPACE

Transform a corner of your home into a peaceful oasis. Add calming elements like plants, soft lighting, and soothing scents to unwind and rejuvenate.



MINDFUL BREATHING TECHNIQUES

Practice deep breathing to reduce stress and increase mindfulness. Try inhaling for four counts, holding, then exhaling for four counts. Repeat several times daily.



GENTLE STRETCHING ROUTINES



Incorporate gentle stretches into your day to improve flexibility and relieve tension. Focus on areas like your neck, shoulders, and lower back.

EAT YOUR BREAKFAST

Start your day with a balanced breakfast to fuel your body and mind. Incorporate whole grains, fruit, and protein to enhance energy and focus throughout the day



A top-down photograph of a person lying in a shallow body of water. The person's arms are extended outwards, and their legs are bent at the knees. The water is a light, milky blue color. Scattered throughout the water are several green leaves and small, dried, light-brown flower petals. The person's skin is a warm, light brown tone. The overall mood is serene and contemplative.

SELF CARE
IS NOT
SELFISH

CLOSING

STAY TUNED FOR A NEW WELLNESS PDF
EVERY MONTH ON A NEW TOPIC

Thank you for exploring these wellness tips. Implement these practices to create a balanced and peaceful home life. For more personalized guidance, connect with Asante Bodyworks—because you deserve healing touch.



ASANTE BODYWORKS
ASANTEBODYWROKS@GMAIL.COM

