



Welcome friend,

I am so happy to share this yoga ebook and printables with you! This ebook is designed to bring simple stretches, breathing techniques and intention setting into your daily routine. This will help you decrease your stress, increase your positive energy and relieve tension.

We all spend our days differently but we all end up carrying around stress and feel tight at the end of the day. The easiest thing to do is to flop down and go to bed at the end of it all. While that might need to happen some nights, this ebook will teach you to turn those times of tiredness into opportunities for rejuvenation, relaxation or to fuel more ideas.

This ebook will also take a look at starting your day with intention and allowing space in the middle of the day for stress relief.

Your body and mind will feel different from day to day but over time you will feel less tense and more relaxed. You will become more aware of how your body feels. You will become more aware of what makes you feel good and what makes you feel bad. You may not be able to change all of the causes like sitting at a desk or stressing over financials but this ebook will give you the tools to react in a way that nurtures you and helps you avoid burnout.

Of course, you are going to have things come up that require a lot of time and energy and you will forget to use this ebook. These stretches and breathing techniques will help you recover physically, mentally and emotionally after those intense times and allow you to keep moving forward again in the direction you want to go.

As you work through this book, always remember to respect where you are physically, emotionally, and mentally. There is no pressure here. Remember that you are trying lessen stress, remove creative blocks and enjoy the moment.

I hope you find this guide to be helpful! By taking small moments during your day to rejuvenate, you will find that you have the clarity to start creating a life you love!

Hugs,  
Kerry Burki

**Disclaimer:** Please note the following precautions before continuing with this ebook. Not all stretches are suitable for everyone and these or any stretches may result in injury. Consult with your doctor before you use this ebook. To reduce the risk of injury, never force or strain yourself while stretching. If you feel pain, stop and seek medical attention if necessary.