



# RECHARGE

Restore Your Energy and Get Grounded  
through the Amba Deep Nourishment® practice





**RECHARGE is best for when you feel . . .**

tired, depleted, and need to recharge  
like you've given all of your energy out to others  
anxious, overwhelmed, and need to ground  
in need of some decompressing at the end of a full day

**What to expect:** With regular practice, Deep Nourishment® provides increased mental clarity, deeper sleep, reduced anxiety and stress, feeling refreshed, heightened intuition and easier time with decision making, feeling more grounded and at peace inside.

**How to prepare:** Deep Nourishment® is practiced lying down on your back. Find a quiet, comfortable space that's free from distraction. You'll want to have something soft to lie on such as a rug or carpet. We'll be going inward and getting still, so you may desire a blanket, a pillow under your knees, and eye mask. It's recommended that you turn off alerts on your phone so you can fully drop in and have time to yourself without disruption.



# REFLECT

**What do you notice** after doing the RECHARGE practice?

**How do you feel** in your body, mind and inner being right now? Listen in for any guidance, wisdom, or insights that are arising from within.