



SOFTEN

Dissolve crunchiness and melt away stress
through the Amba Luscious Movement practice





SOFTEN is for when you feel . . .

tight, crunchy, and stiff
dull and not as radiant or luscious as you'd like
over worked and mentally strained
like you could really use a massage!

What to expect: The Amba luscious movement practice opens up pathways to greater joy and pleasure in your body, relieves gripping and tension, brings you home to feeling confident in your own skin. With regular practice, women feel more fluid, sensuous, freedom, and ease in their body and being.

How to prepare: Luscious Movement includes slow easeful movement to drop you inward to your heart and feeling body, yawn-like stretching to softly open and release tension, and breathing that feels deeply satisfying to you from the inside out. You'll want to have a comfortable space free from distraction with room to move and some floor padding such as rugs or mats.



REFLECT

What do you notice after doing the SOFTEN 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.