

Conscious Beauty Practices

B

Body-Breath Connection

"I choose to breathe mindfully and to become present in my body."

E

Emotional Freedom Techniques

Clear limiting beliefs, stress and old patterns with tapping: "Even though _____, I truly accept myself."

A

Awareness, Acceptance, Life-Affirming Action

"What am I feeling in this moment?"

U

Unleash Passion & Creativity

"My beauty shines when I share my gifts and talents."

T

Healing Tools for Transformation

Singing, Dancing, Storytelling,
Time in Nature, Silence

Y

"Yes" Attitude

"My positive 'attitude of gratitude' invites more beauty into my life."



ConsciousBeauty

What is the most loving
and life-affirming action
that I am willing to take
today for my

- Body
- Mind
- Spirit
- Heart

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