# Seriously, it's time to TAKE A NAP

#### **REDEFINING REST & SELFCARE**

Facilitated by Jitka Borowick, Maggie Ward, and Sarah Manion

**XCYP** 

## PANELISTS





#### **Jitka Borowick**

President Nove Yoga & Cleangreen

#### **Maggie Ward**

**Executive Director BFree Wellness** 





#### **Sarah Manion**

**Executive Director** Calmer Choice

## "Rest is not a reward. It's a strategy.."

#### What is your intention?





#### Jitka Borowick Entrepreneur | competitive cyclist | mom

You must do the thing you think you cannot do."

Eleanor Roosevelt



### Maggie Ward TRAVELER, LOVER OF MORNING COFFEE

"I would love to live like a river flows, carried by the surprise of It's own unfloding."

John O'Donohue



### Sarah Manion **ARTIST, ASPIRATIONAL HUMAN BE-ING**

Thich Nhat Hanh

"Design a life that supports your practice."

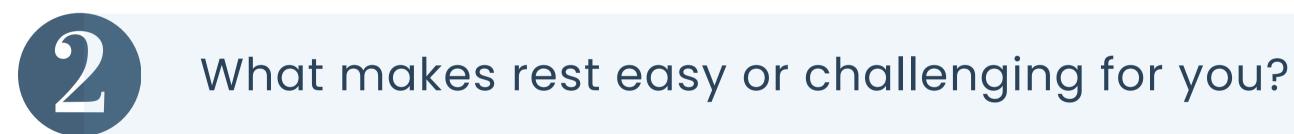


# What is rest?



### What does rest mean to you?











# Mindfulness



# Presence



## May I take care of myself - happily.

### **STAY IN TOUCH**

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