

Seriously, it's time to

TAKE A NAP

REDEFINING REST & SELFCARE

Facilitated by Jitka Borowick, Maggie Ward, and Sarah Manion



PANELISTS



Jitka Borowick

President
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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

“Design a life that supports your practice.”

Thich Nhat Hanh



LET'S MOVE

What is rest?

What does rest mean to you?

- 1 What were you taught about rest? Who taught this to you?
- 2 What makes rest easy or challenging for you?
- 3 How do you know if you're rested?

Breath





Mindfulness

Presence





May I take care of myself – happily.

STAY IN TOUCH

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