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Welcome!



Hello and Welcome to the Wee Wellness Bundle.

Let's get started!

Read through this little booklet first...

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About this bundle

This bundle is designed to help you find and maintain your center, lift your mood and release any stress or anxiety. So you can feel more peace and more joy and thus have greater clarity and confidence to create a life you love living.

Some of the practices I share I learned on my travels around the globe, and others I developed or created myself.

All of these practices are suitable for beginner level participation, and can also help the more advanced student deepen their connections to themselves, their destiny and our world.



What you'll find inside this bundle

10 Minute Tai Chi

This short and sweet Capacitar Tai Chi sequence that you can learn and practice anywhere, anytime, will empower you to engage with your own healing process. It can also give you a deeper experience of our interconnectedness with our world and our fellow creatures and human beings.

Personally, I enjoy doing this sequence on my lunch break. You can practice this anytime, anywhere.

I learned this from Edinburgh University Chaplin, Alison Newell.

Yoga Chill

This is a simple, yet highly effect, gentle, cosy yoga sequence that will ensure you get the deep rest and relaxation your nervous system needs for you to thrive.

Practice this whenever you feel the need to rest and recharge or add it to your morning or evening routine for a great start to your day or a more restful sleep.

Energy Cleanse Routine

This is an effective practice to release any negative energy you may be holding onto and cleanse your auric field so you are less likely to take on or be consumed by other people's energy fields.



You can use this technique as part of your morning/evening routine or before and/or after you are surrounded by and affected by large crowds of people or any other overwhelming experience you may encounter.

I learned this practice from energy worker, counsellor, shaman healer, Kefah Bates.

The Stand-Sit-Lie Breath Series

These conscious breathing techniques can help reduce stress and anxiety and bring you a greater sense of peace. This video series teaches you three simple ways you can use your breath to soothe yourself, sitting, standing and lying down.

You can use either of these in times of distress and I recommend taking a moment throughout your day to engage with one of these techniques. Maybe set an alarm to remind yourself to do this.

These breathing techniques alone can have tremendous effects on your overall wellbeing.

I learned one of these techniques in my yoga teacher training course I did in India and the other two I developed myself, inspired from my many years practicing yoga.

Two Guided Mediations

I created two meditations for you (music made by my hubby Gabriel Newton Simmons)

Affirming Our Place Meditation – A guided practice I created to help you balance your spiritual centers and affirm your place and your path.



The Sound of Colour Meditation – A guided practice that invites the healing properties of sound and colour to cleanse you.

You can do these meditations whenever and as often as you wish.

Plus I have included some guidance on self-guided mediation practices.

Go Wild Dance Journey

This is a Freeform Dance or solo soul party, if you will. It's an opportunity for an ultimate release and a great way to get back into your body and explore your smooth moves. Shake off anything that needs to go and delight in the music and dance.

Friday night fun? Saturday morning shake off? Or practice whenever you're in need or in the mood for a good old boogie or release.

This includes a hand-picked dance mix from my favourite artists and healing music from around the globe, and some basic suggestions to get you flowing.

Healing Songs Sing Along – Five simple and easy to learn songs you can sing to yourselves, to comfort yourselves in times of struggle or sing just for fun. These songs lead us home to the heart and back to joy.

This includes a sing-along video, and a downloadable document with a few words and the song lyrics.

I learned these songs from Kva Mary Wajer, a community song leader in Wisconsin where I live.

Juicy Journaling – This video training will get you started or deepen your practice with journaling, an amazing way to get 'stuff' off your chest, discover hidden truths about yourself, heal and hear your soul speak. I



highly recommend participating in journaling every morning as you rise and every evening before you go to sleep.

Based on my personal experience with journaling I suggest ways you too can make this practice do it's magic on you.

Bonus Jolly Mood Food Recipes

Here I share videos of three of my *favourite* recipes. Each one is full of ingredients specifically chosen because of their mood boosting charms.

You're in for a treat!

Bonus Printable Weekly Schedule

This is a very simple downloadable, printable, weekly schedule to inspire you to plan in some time to try out these new practices.



Recommended Schedule to Get you Started

Upon Waking	Lunch Time	Late Afternoon	Before Bed
-Meditate (alternate between guided and self-guided) -Journal	-Tai Chi	-Breath Series (alternate between them)	-Energy Cleanse -Journal

Dance Journey 1-3 times per week

Singalong 1-3 times per week

Yoga Chill 1-3 times per week

Some words on habits

Habit: a settled or regular tendency or practice, especially one that is hard to give up. *Oxford Languages*.

As we embrace habits that are nourishing to our whole being and let go of the habits that are negatively affecting our experience we open up to receiving the goodness life is offering us and we begin to bloom.

Then we can respond to life with more ease and move through grief, loss and change with more grace. We can find solutions to our challenges more easily and detect and ride opportunities that can help us grow, and create the life we want to live. And as nurtured and well-nourished beings we can do our part to nurture and nourish our world.



Creating a lifestyle that is nourishing and nurturing reveals the happier, more loving, creative part of us.

We are all different and what works for one, may or may not work for another, so it's part of our mission to try things and find out what works for us and to make a habit of it. And turn down the volume or turn off completely the things we recognise bring us down or make us ill, ie watching the news too much , too much TV, destructive behaviours and addictions and so on...

I have created a range of videos, audios and written content for you that offers practices and techniques you can taste, try or further explore.

You might just find a few healing habits in here you'd like to add to your own personal go to 'stress relieving, mood boosting tool kit'.

A few final words

Be prepared to meet 'the not so friendly pal' in your head as you try new things, telling you why you can't or shouldn't do the these new habits you know could be beneficial for you.

This 'rude pal' might try to convince you to do the things you know are detrimental. Just notice this and do what you set out to do anyways.

Breathe, move, meditate and nurture your body, mind and spirit by eating good foods, thinking sweet thoughts and letting go of the foods, thoughts, habits, activities, people, things that don't nourish you.



Be sure to schedule in time for you into your week to try the practices in this bundle and keep doing this week after week. To help get you started use my recommended suggestions above.

Make a schedule, use your own diary or calendar, or use the bonus weekly schedule download included in this bundle!

I hope you enjoy and benefit from the vital nutrients available in 'The Wee Wellness' bundle.

Hugs n Blooms,

-Shereen

Disclaimer 'The Wee Wellness' bundle contains information and practices relating to wellness such as tai-chi, yoga, meditation, dance and diet. Although I am a qualified yoga instructor none of the tools and suggestions herein should be used as a substitute for medical and professional advice.

If you have any health concerns I recommend that you consult with a physician or other healthcare provider before participating in any of these practices or suggestions.

Listen to your body and follow your intuitive instincts.

