

Arraei

WEEKDAY



RITUALS

MINDFULL MONDAY



Choose your focus
word for the day:



Take 10 minutes or more to
spend with yourself
JOURNAL/THINKING PROMPTS:

UNDONE

What do you need to
unravel to create space?

ALIGN

How to align body, mind
spirit this week?

BALANCE

What are your balancing
acts, acts that create
harmony?

INTENTION

How can you amplify with
intention?

REFLECTION



TUESDAY

MOVEMENT + BREATH

RESTORE BODY AWARENESS

Release stagnant energy through conscious movement.

Any movement that resonates with you. This can be a class, a run, a dance around the house naked, or even lying down with your feet up

MOVE

Conscious Body Movement Ideas:

Breath + Move

Take 20 mins

REFLECTION



Headstand

Yoga Warrior Positions

Sun Salutation

Ecstatic Dance

Loose Dance

Holding Poses for 1min

Mountain Pose

Eagle Pose



BREATHE



KAPALABHATI

(BREATH OF FIRE)

PURIFICATION

Focus on lower belly. Inhale deeply. Kapalabhati consists of explosive short exhales by powerfully contracting the lower belly.

watch video online for clarity

NADI SHODHANA PRANAYAMA

(ALTERNATE-NOSTRIL BREATHING)

RESTORE BALANCE

Righthand up to face, forefinger and middle finger extend to touch third eye.

Close right nostril with thumb. Inhale through the left nostril. hold. Close left nostril with ring finger. Exhale through right nostril. Repeat in reverse.

REFLECTION

WOMEN WEDNESDAY



DEDICATE A DAY TO A WOMAN



CALL A FREIND
DINNER DATE WITH MUM
LEARN ABOUT A WOMAN IN HISTORY

REFLECTION

IDEAS TO EXPLORE

Shakti
Female Archetypes
Goddesses of Ancient World
Cindy Sherman
Rosa Parks
Matriarchy
Cleopatra
Feminism
Taking Charge of your Fertility
Jane Goodall



THURSDAY

CONNECT WITH CREATION



TO MAKE A 10-15L VAT
YOU WILL NEED

METHOD

SCOURING (DAY BEFORE). Put fabric, dishwashing liquid, washing soda into big pot, add water to cover and bring to boil. Boil for 1hr. Rinse. Dry.

PREPARING THE VAT

Peel and mash bananas and add to small pot with 3 cups of water. Heat to simmer for 10-15 mins. Strain Bananas and add strained liquid to big pot.

Add indigo powder and slaked lime to big pot, stirring very gently to not cause bubbles. Stir until uniformly mixed. Add boiling water to fill pot to 10-15L full. Stir gently allowing surface bubbles to collect in the center (indigo flower). Leave to rest for 30 mins and wait for coppery/bronze reflective surface to appear and to let the sediment settle.

Check clarity of water by dipping in spoon to see the colour of the liquid. The liquid should be a clear greeny blue before dyeing. If water is still hazy, let it sit for a few more mins.

SHIBORI FOLDING

Prepare folds on fabric (see instructional video) 3 types of Shibori folding techniques are demonstrated

1 TBSP Washing soda/ soda ash
1 TBSP dishwashing liquid

25g Indigo powder
500g Natural fibre fabric
1kg ripened bananas
Slacked lime (calcium hydroxide)

22L Large pot (used only for dyeing)
Small cooking pot
Heat source
Measuring scale
Stainless steel spoon
Gloves
Elastic Bands
Straining cloth
Long plastic pipe/ Glass wine bottle
String

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DYEING

Dye vat is ready for dyeing when there is a reflective copper/bronze film on the surface and the liquid under is clear greeny-blue colour. Before dyeing heat dye vat up to $\pm 50^{\circ}\text{C}$ (hot to touch if you don't have a thermometer). Remove from heat. Put on gloves and submerge folded fabric bundle into the dye vat. Squeeze fabric gently releasing air bubbles and allowing liquid to soak through. Leave soaking for 5-10mins. Remove from vat, squeeze out excess dye liquid (do this close to the surface of the liquid as to not allow bubbles to form) leave to cure for 2mins. Repeat dipping and curing process until your fabric is the desired colour. Very gently rinse the fabric in water after every 2nd dip. You can adjust the lengths of time dipping and curing (experiment with it) just always make sure that the water is around 50°C and remember the colour washes out a bit so dip more than you think. I tend to dip 12-16 times. 24 times gets you a very deep indigo blue.

POST DYEING

Leave fabric folded to dry up a little over night. Next day: Unravel fabric and hang to dry completely.

Leave for 1-2 days before rinsing + washing for wear.

REFLECTION

Space for you to write notes from our video and about your technique

FRIDAY

SELF CARE BEAUTY RITUALS



TAKING TIME TO TAKE CARE OF OUR BODIES

Our body is our vessel for connection with this earth. Our connection to the physical life and the human experience.

Nourish. Rejuvenate. Sustain

REFLECTION



BATH SOAK RECIPE

1 cup organic coconut milk
1/2 cup dried lavender
1 cup epsom salts

(10-12 drops essential oil)
3 drops geranium
3 drops mint
3 drops ylang ylang
3 tbsp coconut oil

LIGHT A CANDLE

READ "THE ALCHEMIST" by Palo
Cohelo