

# HOLISTIC WELLNESS GO-TOS

*BY ALISON ROTHMAN MA, CYT*

Welcome to **The Embody Life Community**. These Holistic Wellness Go-TO's for your Body, Mind, Heart, Spirit, and Soul will transform the way you experience your every day.

*Alison Rothman*



# Alison Rothman

## WELLNESS GO-TOS

My wish for you is that these Holistic Wellness Go-To's are easily integrated into your everyday life: Body, Mind, Heart, Spirit, and Soul

### BODY



#### **Learn how to drop deep into your body**

I invite you to pick any guided audio practice of embodiment and an invitation to attune to your bodies in perhaps a way that is new for you. I truly believe that we cannot heal unless we learn how to reside in our bodies with presence, care, compassion, curiosity, and love.

### MIND



#### **Meditation is a life- changing practice**

The practice of meditation is a path to love. Meditation is about learning how to be with yourself, sit in the fire of life with presence and equanimity, and how to find ease and comfort in your own skin. It is about creating the most intimate relationship with yourself so as to meet life from a place of wholeness. Regular practice connects you to your highest self as well as encourages that felt sense of our inner connection with the Universe on the whole.



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### HEART



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#### Backbends to open and stimulate the heart chakra

Backbends in yoga are amazing heart-openers offering numerous benefits including (but not limited to): They stimulate the heart chakra increasing our sense of connection and well-being. They boost our confidence and open us to new experiences. They improve our posture and help create physical space in the front of our bodies increasing the energetic space that we take in our lives. Backbends can be active or passive (lying down) offering both the opportunity to energize and relax our systems.



Straight from the Heart, Alison's **Embodied and Awake** Podcast offers a monthly dive into the real and raw conversations around health, healing, empowerment, spiritual practice, relationship, service, and holistic wellness. Powerful guest from all over the world offer wisdom, inspiration, practices, meaningful stories, and heart-full sharing in support of our collective connection and rising. Available on **Spotify, Apple Podcasts, and GooglePlay**

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### SPIRIT



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**Flower essences are a potent and safe way of accessing deep healing on every level and, most specifically, in the spiritual realm...**

Flower essences are extracts of flowers blended with various crystal energies and other healing properties. Each flower carries its own healing quality and can be used to work with everything from depression and anxiety to addictions to heartbreak to overwhelm. I have used these along my own journey of healing for over 25 years and use them regularly with my clients.

### SOUL



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**Free-writing and journaling provide a gateway to our souls. They offer to our souls calling & wisdom**

Creating a platform for guidance and insight to emerge around our lives, who we are, and the next steps that we are propelled to take.

## FOCUSED PROMPT



Reflection

TAKE ACTION

Now you know how you want to feel, try to outline 3 steps that you commit to honor that need. PRO TIP: Make sure they are achievable, get specific, and give yourself a timeframe to complete each step. Save these prompts and revisit seasonally.

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# ABOUT

*Alison Rothman*

Alison Rothman, MA, CYT is an Emotional Doula and Founder of Embody Life, LLC. She has 25+ years of study and experiences in somatic healing arts and therapy, yoga and meditation, authentic embodiment, and holistic healing.



Through her extensive studies, practices, and experiences she provides clients and students with the ability to access their innate inner resource and release debilitating life patterns in order to access their truth, power, and reclaim their body, mind, heart, and soul connection.

Alison is passionate about supporting and empowering women to unwind their nervous systems, release addictive patterns, let go of stories and messages that are outdated, make peace with their bodies, and remember who they truly are.

NEED SOME  
CLARITY?

SCHEDULE A CALL



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