

# Gentle Alignment

## Reflection Cards



### Arrive

Take a breath  
Notice where you are  
right now



### Soften

Let your body settle  
There is nothing to fix



### Pause

Place one hand on  
your body  
Feel what is present



### Listen

What is asking for  
your attention  
Without effort



# Gentle Alignment

## Reflection Cards



Release

What can be  
loosened today  
Just a little



Trust

What feels true in  
this moment  
Even if it is quiet



Return

When you drift  
Come back here



Begin

Start where you are  
This moment is  
enough

