



I'm not a robot

































Start your day in a calm state. Take a break from a difficult situation. Or take time for yourself to settle from your day before you go ... Have you ever had the feeling that you are lost in your head? Or like your head is in the clouds? Or as if you are disconnected ... If you've been living in overdrive "always giving, always striving, and still feeling like it's not enough" this Sometimes you may find yourself lacking Today, I will guide you on a journey of relaxation. Clear your overthinking mind, clear the clutter of your mind to relax and calm you ... If you are looking for a quick strategy to help you calm down, connect with yourself and focus, this practice is for you. This Join Sara Raymond for a 20 minute guided Join Sara Raymond in an oasis of tranquility tonight as you trust yourself and your inner strength to calm the storm and allow sleep ... Thank your for joining me today for this short body scan to help you relax and reboot. This is the perfect Welcome to this powerful and versatile