

A woman with dark hair tied back is lying on a light-colored sofa, wearing a red jumpsuit. She has her eyes closed and a peaceful expression, with her hands resting on her chest. The background is a warm, dimly lit room with a window showing greenery outside. A decorative mirror hangs on the wall above the sofa. The text 'ONE WEEK RESET' is overlaid in a large, white, serif font, with a vertical line separating it from the author's name.

ONE WEEK RESET

ASHLEIGH SERGEANT

WELCOME

Congratulations on creating this time for yourself.

This 1-Week Reset Bundle is designed to support your mental heal, boost your immune system and nourish your nervous system by helping you create consistent daily rituals.

THIS BUNDLE INCLUDES

- *Welcome Video - 5min*
- *Releasing Obligation Meditation - 20 min*
- *Guided Relaxation Recording - 20min*
- *Journaling Prompt PDF*
- *How to Use this Bundle PDF*
- *Supplemental online yoga classes on Gaia.com*



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HOW TO USE THIS BUNDLE

First and foremost my dears, this is NOT a test! There is no winning or losing at this bundle. This is for you to use and apply in the most effective way for your lifestyle. Your experience of this 1-Week Reset will be unique and perfect. I mean that.

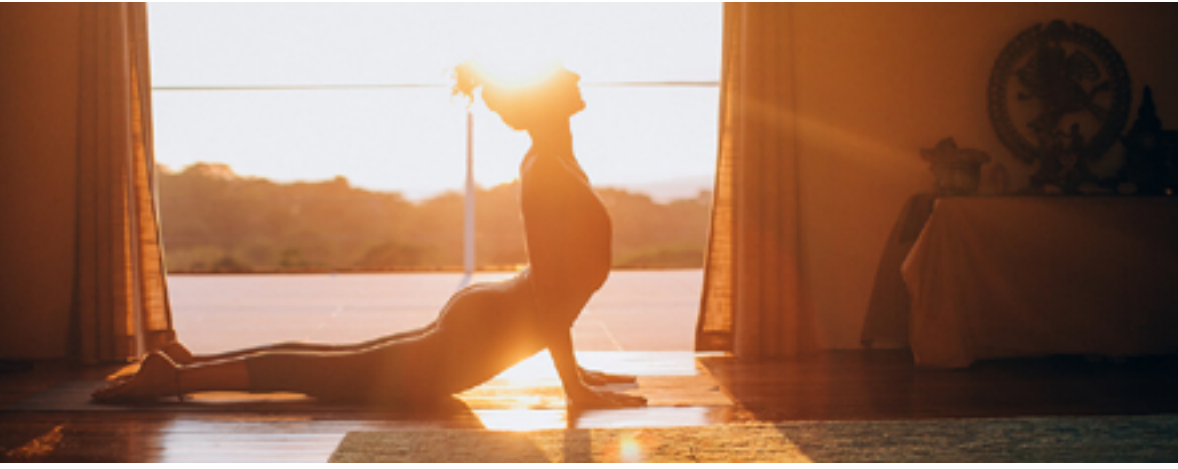
That having been said, carving out time for YOU does take dedication and loving commitment to yourself and your personal needs. In order to nourish your nervous system and strengthen your immunity, there needs to be a disentangling from the feeling that you must always be doing or accomplishing something. You need, and deserve, true moments of rest and restoration in your day.

This doesn't mean you have to quit your job or change your entire life, it simply means you must reclaim and return back to a connection with your own inner rhythm. You can do this by creating spaces within your day where you disconnect from the stimulation

and busyness of the outside world and turn your attention inward.

By strengthening your connection with your inner world, you will cultivate a beneficial relationship with your vital strength, your life force. This is your place of refuge that is unchanging, full of peace and infinitely resilient. This space exists within each of us. No exceptions. It is your true nature.

Through this relationship with yourself, you will begin to find freedom from the overwhelm of daily life and freedom from the anxiety and exhaustion that is created by it. By doing so, you will find freedom to reconnect with your creativity and your deepest desires for your life. Again, this does not mean that you stop doing the things you love in your life. It means that you go inside regularly, in order to fill up your cup, so you can engage in your life and with your loved ones from a place of fullness and equanimity.



My suggested schedule options outlined here are just that, suggestions. This bundle is, in and of itself, an invitation to connect with your personal creativity and instinctual nature. At the end of the day, only you know what is truly resonant with you.

Allow this to be something you enjoy. As soon as it becomes another task on your to-do list, put it down and walk away! Give it some space, and return back when you feel it calling to you. You will know when that is.

SUGGESTED TIME DEDICATION
40-90 min per day
(20-45 min, twice a day)

Twenty years of practice have shown me that, without a doubt, two shorter times of personal practice spread throughout the day are far more effective than one longer session. Starting the day with some sort of ritual is

essential. And if I'm being totally honest, adding the second was (and still is) exceptionally more difficult for me. It also gives back tenfold.

As we know, life is full of all sorts of demands. With our constant intake of media and do-to list tasks, once we get half way through the day we can begin to feel overwhelmed and exhausted. Instead of reaching for a stimulant like caffeine or sugar, which will ultimately further deplete your system, turning your awareness inward and consciously resting your cognition for a while will help give your nervous system the rest it needs.

The results from this kind of rest have exceptionally positive implications for your mental health, immunity and digestion.



For this one week, try to create two separate times throughout the day where you can take some time for yourself, even just 20 minutes. This doesn't mean you have to be 100% alone, nor do you need complete silence for these practices.

On the contrary! Life doesn't stop for us and the better we can get at finding calm, spaciousness within ourselves, the less we will be triggered negatively by the stresses of daily life. This is your time to make conscious choices to reset your systems so you can return back into homeostasis, your natural state of being.

RECOMMENDATIONS FOR CREATING SACRED SPACE FOR YOURSELF

- *Download these files so you can be offline while doing the audio recordings.*
- *Commit to the same time(s) each day.*
- *Communicate your time and space needs to your loved ones and ask for their support*
- *Do your best to do your practice sessions in the same spot within your home, office or place in nature each day.*
- *Have a special journal just for this.*
- *Don't put too much pressure on yourself. There's no wrong way to do this!*

***"Become sovereign of your life,
rather than subject to it"***
- ASHLEIGH SERGEANT

02

SUGGESTED SCHEDULE IDEAS

Like I said, these are just suggestions! This is a choose your own adventure kinda thing. Piece together these practices as it feels right for you. I have also included links to some of my online practices and interviews on Gaia.com. With this bundle you get a free 1-week trial for Gaia. I have lots of great classes there to help support your reset journey.

I do strongly suggest making sure that you do the releasing obligation meditation and/or the guided relaxation at least one time per day during this week. Please do feel free to explore combining the meditation, guided relaxation and journaling exercises with one of the Gaia yoga practices to give yourself a complete meditation/movement experience.

Your FREE 1 week trial of Gaia.com can be accessed through this link which will take you to Ashleigh's library with all of the recommended classes: <https://www.gaia.com/portal/ashleigh>.

DAY ONE***Suggested Option 1***

Watch Welcome Video

AM - Releasing Obligation Meditation

PM - Guided Relaxation Recording

Suggested Option 2

AM - Releasing Obligation Meditation + Journaling Exercise

PM - Releasing Obligation Meditation (yes, do it twice!)

Supplemental Gaia.com Online Yoga Classes:

[Rewrite Your Stress Response- 1hr - Hatha - Level 1-2](#)

OR

[A Tender Tonic - 10 min - Hatha - Level 1-2](#)

DAY TWO

Suggested Option 1

AM - Releasing Obligation Meditation

PM - Journaling Exercise

Suggested Option 2

AM - Guided Relaxation + Releasing Obligation Meditation

PM - Releasing Obligation Meditation

Supplemental Gaia.com Online Yoga Classes:

[Morning Elixir- 20 min - Hatha - Level 1-2](#)

OR

[Total Reset - 1 hr - Restorative - Level 1-2](#)

DAY THREE

Suggested Option 1

AM - Guided Relaxation Recording

PM - Releasing Obligation Meditation

Suggested Option 2

AM - Guided Relaxation + Releasing Obligation Meditation

PM - Releasing Obligation Meditation

Supplemental Gaia.com Online Yoga Classes:

[The Stress Epidemic - Ashleigh's Interview with Rod Stryker \(30 min\)](#)

OR

[Rest and Digest - 1hr - Hatha - Level 1-2](#)

DAY FOUR

Suggested Option 1

AM - Releasing Obligation Meditation + Journaling Practice

PM - Guided Relaxation

Suggested Option 2

AM - Guided Relaxation + Releasing Obligation Meditation

PM - Guided Relaxation + Journaling Practice

Supplemental Gaia.com Online Yoga Classes:

[Stabilize Vata - 20 min - Hatha - Level 2](#)

OR

[A Tender Tonic - 10 min - Hatha - Level 1-2](#)

DAY FIVE

Suggested Option 1

AM - Releasing Obligation Meditation + Journaling Practice

PM - Guided Relaxation

Suggested Option 2

AM - Guided Relaxation + Releasing Obligation Meditation + Journaling

PM - Guided Relaxation + Journaling

Supplemental Gaia.com Online Yoga Classes:

[Rewrite Your Stress Response- 1hr - Hatha - Level 1-2](#)

OR

[A Tender Tonic - 10 min - Hatha - Level 1-2](#)

DAY SIX

Suggested Option 1

AM - Releasing Obligation Meditation

PM - Guided Relaxation + Journaling

Suggested Option 2

AM - Guided Relaxation + Releasing Obligation Meditation + Journaling

PM - Guided Relaxation + Journaling

Supplemental Gaia.com Online Yoga Classes:

[An Integrated Core - 5 min - Hatha - Level 1-2](#)

OR

[Stress to Strength - 1hr-Hatha - Level 1-2](#)

DAY SEVEN

Suggested Option 1

AM - Releasing Obligation Meditation + Journaling

PM - Guided Relaxation + Journaling

Suggested Option 2

AM - Guided Relaxation + Releasing Obligation Meditation + Journaling

PM - Guided Relaxation + Releasing Obligation Meditation + Journaling

Supplemental Gaia.com Online Yoga Classes:

[Rewrite Your Stress Response- 1hr - Hatha - Level 1-2](#)

OR

[A Tender Tonic - 10 min - Hatha - Level 1-2](#)

Enjoy this time with you. Your relationship with you is the longest relationship you will have in your lifetime. And the most important. Rediscover who you are and how it is you want to be in this world. You know the way. Now it's time to create the space to listen.

I love you.

Ashleigh

03

JOURNALING PRACTICES TO RESET AND REJUVENATE

Here are some contemplations and journaling prompts for you during your 1-Week Reset (and beyond). These are open-ended and timeless. I find the best way to work with contemplative practices like journaling is to allow your words to just flow freely. Don't worry about grammar, punctuation, making complete sentences or ideas. Simply allow your thoughts and ideas to flow through the stream of consciousness.

Later in the week you can return back to your entries and continue to shape your thoughts as they refine with your practice. These are in no particular order. Dig into them as you feel called.

- When doing my meditation practice, where do I feel tension, effort, or grasping in my body?
- What does it feel like to relax my personal effort? What does this feel like in my body? What does it feel like in my mind?
- In what ways do I unnecessarily create busyness in my life? Why do I do this?
- Is being busy the same things as being productive?
- What do I find myself craving more of on a regular basis? What choices am I making that continue to deny myself of this? In what ways can I create space for these desires?
- What arises for me when I create these times of personal practice each day?

"The path of awakening is not a straight line" - ASHLEIGH SERGEANT