

## Radical Rest Resources

I know how these slowed down practice from the wisdom tradition of yoga can be deeply healing, and also how affected and challenging. Please make some space to gather whatever support and resources you need to take care of yourself before, during, and after the workshop.

You will need:

- Cushions and blankets (you could do this workshop on the floor, on a sofa, or on your bed)

Optional:

- Hot water bottle
- Cup of tea
- Nice smells like a candle or essential oils
- Snacks (chocolate recommended)
- A journal incase you feel called to write anything

You might like no music, your own, or you can use my [radical rest playlist](#).

Some reading mentioned in the workshop:

- All about Love, bell hooks
- A burst of light, Audre Lorde
- Rest is Resistance, Trisia Hersey
- Rest is Sacred, Octavia F Raheem
- Sleeping in the Forest, Mary Oliver