



Salt + Soil

YOUR MORNING RITUAL REIMAGINED

HABIT

CHOOSE THE HABIT YOU WANT TO TRANSFORM INTO A RITUAL

TUNING IN

WHAT DO YOU WANT TO FEEL? SET AN INTENTION
THAT SHIFTS YOUR FOCUS INWARD

BREATH

CONNECT WITH THE ELEMENT OF AIR BY PRACTICING
GENTLE, FOCUSED BREATHWORK

RHYTHM

DESIGN A 5-MINUTE RITUAL THAT MOVES YOU INTO
YOUR DAY RESTED AND ROOTED
