

ELEMENTAL RITUAL STARTER GUIDE

Discover new rituals based on the five elements.

Start right where you are.



EARTH

- Practice grounding stretches or yoga.
- Connect to your senses in nature.
- Mindfully enjoy a hearty, nourishing meal.

FIRE

- Energize your body with a brisk morning walk.
- Stay motivated with energizing affirmations.
- Slow down with a sunset gazing ritual.

WATER

- Set new intentions with a cleansing shower.
- Start fresh with a warm herbal tea ritual.
- Practice mindful breathing to recenter.

AIR

- Clear your mind with energizing breathwork.
- Journal your thoughts, feelings, and ideas.
- Let your creativity flow through music or art.

ETHER

- Begin the day with a simple meditation.
- Tune into gratitude and small joys.



Salt + Soil

ROOTED WELLNESS.
ELEMENTAL HEALING.