

Tuesday, May 12, 2020

Re-Inspiring Rhythm

I've been trying my best to hold a nurturing rhythm, the following are some ideas to promote rhythm in a few ways at home
(I really like the reflection time practice offered)



These resources come from The little Oak learning...hope they are of help!



“Rhythm is the flow of our days, weeks, months and years. Rhythm guides us and gives us confidence through her familiarity, flexibility and compassion. Rhythm is a gentle, wise family member who supports us and only wants the best for us. She reminds us of the things we love, the joy of simple, everyday moments - she knows the beauty of our everyday lives.”



I love the article on making simple rituals, what are ways to cultivate this in your own family (link in blog post)