

The background features a vertical watercolor wash on the left side, transitioning from a deep blue at the top to a vibrant purple in the middle, and then to a soft pink at the bottom. A series of small, hollow, brown triangles are arranged in a winding path that starts at the top left, curves around the text, and extends towards the bottom right corner of the page.

# practice you

daily awakening deck

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## Practice You Daily Awakening Deck



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54 Portals to Explore, Illuminate, and Nurture Your True Personal Sometimes it takes just one simple issue, contemplation, or movement of your body to unlock the wisdom, strength, and creativity within us. That' From celebrated teacher and writer Elena Brower comes a robust way to nurture yourself and discover balance. Each cards opens a new door, inviting you inward to reconnect and find inspiration within yourself.s Practice You: A Journal or on its own, this luminous deck includes meditations, writing prompts, motion practices, prayers, and more. Intended to be utilized either as a complement to Brower' In the home or on the move, these cards will awaken the cleverness of your best personal.Includes 54 practice cards and 4 blank personal practice cards.s the purpose behind the Practice You Daily Awakening Deck.



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Extremely beautiful We loved the journal edition of this and really adore this gorgeous deck of cards, the artwork and also the small stand that comes with it to help collection intentions for your day - 10/10! Like the artwork to and long lasting cards. These cards are great for gifting and getting yourself the love and attitude check up. I have the publication that I use daily.Great gifts!



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