

5 DAYS TO DEEP CALM

DAY 2

Hint - It's always better to print it out

Physical Space



TAMSIN BRAMLEY



Physical Space

It is important to have a space to chill, a space to ground, a space to come back to and chill, a special place we can call our own. It's important for our well-being and can often be something we overlook.

Don't worry if you don't have much space I've been doing this a long time and have now after many years built myself a space in my garden.

For your space, think about special objects, plants, pictures, and a colour scheme that makes you feel calm.

You could add some candles, cushions or lighting to create a cosy atmosphere.

let your space reflect your personal style .

Tamsin Branley



Creating a special and connecting space is possible regardless of size or limitations. Find a designated area in your home. whether it's a whole room, a corner or by the size of the bed. Use a mat or rug to define it, and display meaningful objects like photographs, a small figurine, sea shell, a stone or artwork. Use objects that have special meaning or happy memories for you. Add calming colours through cushions or tapestries and incorporate elements of nature like plants or flowers. Create a cosy atmosphere with soft lighting and soothing fragrances. Keep the space clutter-free and organized. By infusing your unique style and adding meaningful elements, you can create a special and connecting space that reflects your personality and brings you joy, no matter the size or limitations.

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Space Ideas



TASK 1

WORKSHEET

Schedule some time to clear a little space. Make it clutter-free and clean and sparkly, and make it your own, don't worry, it doesn't have to be perfect and can always be updated and improved in time.

List any Ideas you have of things you might like to add to your space. Perhaps you'd like to treat yourself to a couple of things or perhaps you'd like to go on a trip and collect some stuff from nature 🍄

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TASK 2

WORKSHEET

When your space is ready, simply take a picture of your space and add it to the group. Perhaps we can inspire each other and give each other some ideas and help with this.

I can't wait to see what beautiful spaces you all create.

Any notes or thoughts that
come up – add here

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Create Space Tips

Remember It's not about the size of the space but the intention. Personalise your space and make it feel special and yours.

- 1. Start by decluttering and organising, you don't have to do the whole house, just a little space, get rid of clutter and organise your belongings in a way that is visually appealing to you. You can make your space multi-functional. Select contacts and functions that have a dual purpose if need be.**
- 2. Use a small mat or rug in your chosen area to define the space and make it feel separate from the rest of the room. Make it a space you can go to, a space you can sit, meditate or relax, let there be just enough space so you can stretch out and do some yoga poses too.**
- 3. A clean and tidy space creates a sense of calm and allows you to fully connect and enjoy connecting with our special area.**
- 4. Remember it's not about the size of the space but the intention and personalization you bring to it. By infusing your unique style and adding meaningful elements you can create a special space that reflects your personality and brings you joy no matter how small or limited it may be.**

WHAT YOU NEED TO POST IN THE COMMENTS IN TODAY'S TASK POST– Day 2

Don't post screenshots of your worksheet - reply directly in the comments of today's task post (published at 6am BST/1 am EST).

Post The Picture You Have Taken of your New Beautiful Space



NEED MORE INSIGHT & SUPPORT?

Please ask any questions in the Facebook group, we are here to help, you can tag me or ask any question in the daily Q&A thread in the group and I'll respond in the live video at 8 pmBST/3pm EST each day.

Tamsin Bramley