



The Breath Between

— KATE CASHMAN —

REST & RENEWAL COACHING

Re-imagine yourself

**Finding inner quiet and energy
in a noisy professional world**



The Breath Between

You wander from room to room,
hunting for the diamond necklace,
that is already around your neck.

Rumi

The problem

- Burnout, stress, depression, workaholism

The solution

- Rituals of rest & renewal
- Saving and building energy - physically, emotionally, mentally and spiritually



Physical Energy

- Nadhi Shodhan Pranayama
- Progressive relaxation
- Stretching
- Sleep rituals



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Sleep is the best meditation

Dalai Lama

Emotional Energy

- Connection with others
- Connection with self



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And every day, the world will drag you by the hand, yelling, “This is important! And this is important! And this is important! You need to worry about this! And this! And this!”

And each day, it’s up to you to yank your hand back, put it on your heart and say, “No. This is what’s important.”

Jan Thomas

Mental Energy

- Challenging the brain
- Cultivating creativity



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**The capacity to learn is a gift; the
ability to learn is a skill; the
willingness to learn is a choice.”**

Brian Herbert

Spiritual Energy

- Mindfulness & meditation
- Core values



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**“Awareness is like the sun: when it
shines on things, they are
transformed.”**

Thich Nhat Hanh

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