

Practice You Daily Awakening Deck



ELENA BROWER

54 gems of inspiration to discover, illuminate, and nurture your true self

It takes just one simple question, contemplation, or movement of the body to unlock the wisdom, strength, and resources within us. That's the intention behind the *Practice You Daily Awakening Deck*.

From celebrated yoga teacher, spiritual luminary, and author Elena Brower comes a powerful new way to explore within, nurture yourself, and find balance. Each card opens a different door, inviting us to journey inward and reconnect with ourselves. Dip into this well of inspiration to return to your true source and love more deeply from your authentic center.

Inspired by her bestselling *Practice You: A Journal*, Brower offers here 54 new meditations, writing prompts, moving practices, prayers, and more. Intended to be used either as a complement to the journal or on its own, this deck can be drawn upon at any time to awaken and evolve your best self.

ELENA BROWER, mama, teacher, author, and speaker, has taught yoga since 1999. She is the coauthor of *Art of Attention* (with Erica Jago) and author of *Practice You: A Journal* (Sounds True, 2017). Learn more at elenabrower.com.

- An ideal companion for owners of the *Practice You* journal, which has sold over 50K copies to date
- Brower is a featured *Yoga Journal* front-cover teacher and well-recognized favorite in the yoga and spirituality space
- She's a passionate and popular Instagrammer (@elenabrower, 98K+ followers), with a featured page for both the journal and this new offering (@practice.you, 60K+ followers)



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Card Deck

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54 cards

4 1/4 x 6

Self-Help

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Also by Elena Brower



Practice You

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