

# Self-Care, Rest & Relax

Tarot & Transmissions with Teresa K

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E A P E C C P C  
F K V G U T R J A U O L  
V L G V O O T A D E O L J N U D  
D A O T N I L Y F R B I L U M A T S O S  
S C W R E I S E Q E D C E A R S E E E N K  
L A E E D D H I T W E Y T X N O V M G O A  
E T R A U E K T O A A T H N A C R P A T E  
E I A T T C R O A N T L U A L I E L S H R  
P O C M I L O E H B B I K P S A S A S I B  
N F E T U W E T W T O D S P L B T A N  
M L N A T H X A S S S A E A I O I M G  
E T R T T E M T U T E R M Z T O D  
S S G E A R T R P A R R D E S N B  
T Q R E C R E P R U V O I E R  
R O R I A T L G T X J F R  
E B S E C E A R E I C  
A E H H M Z U Y I  
T D I E E N S  
S N N A U  
G T M  
S

## WORD LIST:

ANYI	FORESTBATHING	NURTURE	STARGAZE
BREAKS	GRATITUDE	OBSERVE	STRETCHING
BREATHWORK	HEARTMATH	PUJA	SUPPLEMENTS
CALM	HYDRATE	PUTFEETUP	TREATMENTS
CONTEMPLATION	JOURNAL	RELAX	TREATS
DECLUTTER	LOVE	REST	VACATION
DIET	MASSAGES	SELFCARE	VISIONBOARD
DONOTHING	MEDITATE	SLEEP	WALKS
EXERCISE	MUSIC	SOCIALIZE	YOGA
FLOW	NAP	SPA	