

EMBRACE THE YEAR OF THE OX

Feeling whiplashed by 2020? Us, too. It's gonna take a minute to work through all the nonstop crazy 2020 unloaded on the world. But guess what? Lunar New Year is days away, which means w'all have a second chance to ring in 2021!

Lunar New Year lands on February 12, and it calls for a year of discipline and hard work. No distractions, no negative energy. A mantra to keep you focused in 2021 – **white light clarity**. When you focus on what is in front of you and allow yourself to dig deep within, this space enables you to see what you need to know.

It's also a year about relationships, personal and professional. Don't serve BS, don't take BS. Be present and work together.

Join us as we slide into the Year of the Ox with self-care activities designed to help you navigate the new year.



ONE

First, decompress with our coloring sheet. Slow down time and get lost in the process to clear your mind.



THREE

Close your eyes and take a deep breath. Repeat the mantra three, six, nine, or as many times that feels right.



TWO

Next, transform a space into a place where you can focus and wash away the cloudy feels. Include a plant or two (fake ones count!), a bowl to hold the weight you've been carrying, and tape up our Year of the Ox poster (you colored it, right?).



FOUR

Open your eyes and stretch from your fingers to your toes. Finish with hi-fiving your ox for creating a moment of peace and practicing being kind to yourself.





**No BS
ALLOWED**

HAPPY NEW YEAR!
oxxo, RAD AND HUNGRY

