

BROUGHT TO YOU BY ROOTED WELLNESS RETREATS

SUMMER SOLSTICE RITUALS

NATURE / SELF-REFLECTION / FIRE RITUAL

SHOW GRATITUDE FOR NATURE

Spend time outside and take in all the light that this day provides. Soak it in by walking barefoot, going swimming, picking flowers or dancing! Most importantly, don't forget to breathe!

TAKE TIME FOR SELF-REFLECTION

Time for a self check-in to see if you are on par with your goals & dreams. Take a deep look inside and analyze what works and what doesn't then re-align where necessary. Level up!

CREATE YOUR OWN FIRE RITUAL

If there are no fire bans in your area, set your intentions with a fire ritual! Have a fire, big or small, and enjoy mindfully watching the wood burn. Try this with family or friends. If you have a bonfire, let the flames reduce to embers then jump over the coals to set your intention for the months ahead. But, please be safe + careful!



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