

# PRAGUE AWAKENED:

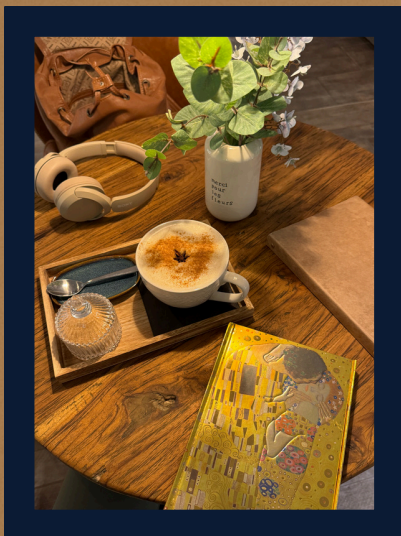
## A Mindful Exploration of the City & yourself

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# WELCOME

THE FIRST STEP ON OUR JOURNEY BEGINS WITH GETTING A LITTLE PREPARATION. WHAT YOU WILL NEED IS A JOURNAL AND PEN AS WELL AS AN OPEN HEART AND MIND. MY FAVORITE JOURNALS ARE BY FLAME TREE PUBLISHING, THEY CAN BE PURCHASED AT LUXOR. THEY HAVE MANY LOCATIONS IN PRAGUE AND FEATURE DESIGNS BY ARTISTS LIKE ALFONSE MUCHA AND GUSTAV KLIMPT. THE JOURNAL APP ON YOUR PHONE CAN ALSO BE USED FOR THESE REFLECTIVE EXPERIENCES.







# TAKE A PAUSE AT THE CLOCK

STAND BEFORE THE ASTRONOMICAL CLOCK IN OLD TOWN SQUARE. AS YOU WATCH, PONDER THE PASSAGE OF TIME IN YOUR OWN LIFE. CHALLENGE: WHAT IS ONE MOMENT OR MEMORY YOU WISH TO HONOR? HOW CAN YOU MAKE TIME FOR WHAT MATTERS MOST?  
THE MOST VALUABLE THING WE HAVE IS TIME, WHAT ARE YOU GOING TO DO WITH YOURS?

**JOURNAL PROMPT:** WHAT ARE SOME THINGS, THOUGHTS, OR BEHAVIORS YOU NO LONGER WANT TO SPEND YOUR PRECIOUS TIME ON?



TIP: THE VIEW FROM TERASA U PRINCE IS GORGEOUS AND MAKES FOR A WONDERFUL PLACE TO WATCH THE WORLD GO BY AND CAPTURE A PHOTO

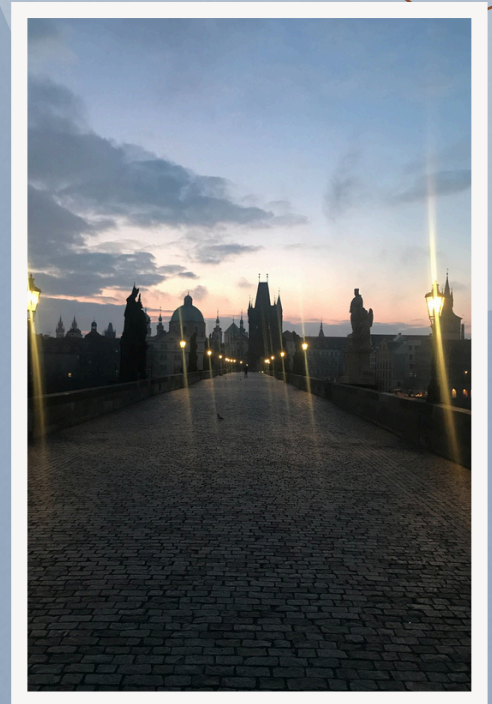


# STEP ONTO A LEGEND

VISIT CHARLES BRIDGE AT SUNRISE  
STAND AMIDST ITS CENTURIES-OLD STATUES.  
REFLECT ON THE HANDS THAT BUILT THIS ICONIC  
STRUCTURE, IMAGINING THE LABORERS'  
DEDICATION AND PERSEVERANCE.

CHALLENGE: AS YOU STAND THERE, THINK ABOUT  
A PERSONAL GOAL OR CHALLENGE YOU ARE  
WORKING TO "BUILD" IN YOUR LIFE. WHAT DOES  
THIS BRIDGE SYMBOLIZE FOR YOU?

WHEN I FIRST MOVED TO PRAGUE I  
WOULD GO FOR A RUN AROUND THE CITY  
ALMOST EVERY MORNING. USUALLY  
AROUND 5 AM. I WOULD OFTEN FIND  
MYSELF ON THE BRIDGE THIS EARLY HOUR  
AND IT HAS SUCH A UNIQUE AND  
POWERFUL ENERGY. IT WASN'T UNTIL  
YEARS LATER THAT I DISCOVERED THE  
BRIDGE WAS BUILT USING NUMEROLOGY  
AND THAT THE FIRST STONE WAS SET BY  
CHARLES AT 5:31 AM.



I CHALLENGE YOU TO VISIT THE CHARLES BRIDGE AT 5:31  
AM AND FEEL INTO ITS ENERGY!

# 135797531



# SIT WITH SILENCE

FIND A QUIET SPOT, SUCH AS THE FRANCISCAN GARDEN. OR MY FAVORITE PARK STROMOVKA, SIT IN SILENCE FOR 15 MINUTES, LISTENING TO THE SOUNDS AROUND YOU AND OBSERVING YOUR THOUGHTS.

**CHALLENGE:** WRITE DOWN YOUR FEELINGS OR ANY INSIGHTS THAT EMERGE. HOW DOES THIS MOMENT OF STILLNESS CONNECT YOU TO PRAGUE'S PEACEFUL SIDE?



**TIP:** PRAGUE HAS MANY HIDDEN PARKS AND GARDENS THROUGHOUT THE CITY, A FEW OF MY FAVORITE ARE VOJANOVY SADY (PEACOCKS LIVE HERE), VRTBA GARDEN, & WALLENSTEIN PALACE GARDENS



# FIND THE HIDDEN SYMBOL

PRAGUE IS FILLED WITH HIDDEN DETAILS AND SYMBOLS. LOOK FOR THE ANGEL ON THE POWDER TOWER OR THE HOUSE SIGNS IN OLD TOWN. CHALLENGE: CHOOSE ONE SYMBOL THAT RESONATES WITH YOU. REFLECT ON WHY IT SPEAKS TO YOU AND WHAT IT MIGHT REPRESENT IN YOUR JOURNEY.



SYMBOLS CAN SERVE AS TOOLS FOR COMMUNICATION REFLECTION, AND CONNECTION TO DEEPER TRUTHS.



JOURNAL PROMPT: IS THERE A SYMBOL THAT HAS BEEN TRYING TO SHOW YOU SOMETHING IN YOUR LIFE?





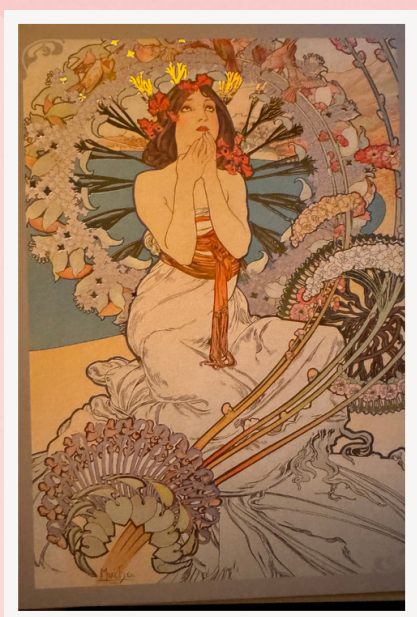
# WRITE A POSTCARD TO YOURSELF

Buy a postcard in Prague and write a message to your future self. It could be a reflection, a lesson learned, or an intention for the future,

**Challenge:** send 3 postcards to loved ones. letting them know your thinking of them and share your adventure



TAKE THIS PRACTICE WITH YOU  
TO THE NEXT CITY

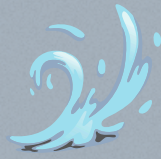


Tip: start practicing this in each city you visit, this will allow you to collect a memory of the city and who you were and you were feeling at that particular moment in time.

I LOVE THE POST CARDS WITH ART NOUVEAU  
PRINTS FROM CZECH ARTIST ALFONSE MUCHA



# WATER REFLECTION ALONG THE VLTAVA



find a peaceful spot by the river, take a seat and allow your eyes to softly gaze at the reflections on the surface of the water. Let the calm flow of the river inspire a sense of peace with in you.

Close your eyes for a moment and focus on  
your breath.

With each inhalation, invite calm into your  
body. With each exhalation, release tension  
and stress.

Open your eyes and gently observe the  
flowing water, reflecting the sky and  
surroundings. Let the water's movement  
symbolize life's ever-changing nature. Reflect  
on the concept of letting go, embracing  
change, and finding peace in the flow of life.



JOURNAL PROMPTS: IS THERE SOMETHING YOU  
WOULD LIKE TO LET GO OF ? ARE YOU FLOWING  
WITH LIFE ?





# Thank you for joining me on this journey

The journey doesn't not have to  
end here if you find yourself at all  
called to connect more I would be  
thrilled to see you again for an  
introspective Breath work therapy  
session or perhaps you'd like to join  
a retreat!

Please let me know if you enjoyed  
this guide. Share you experience  
and tag me on Social media.

Sending my love,  
Anna

