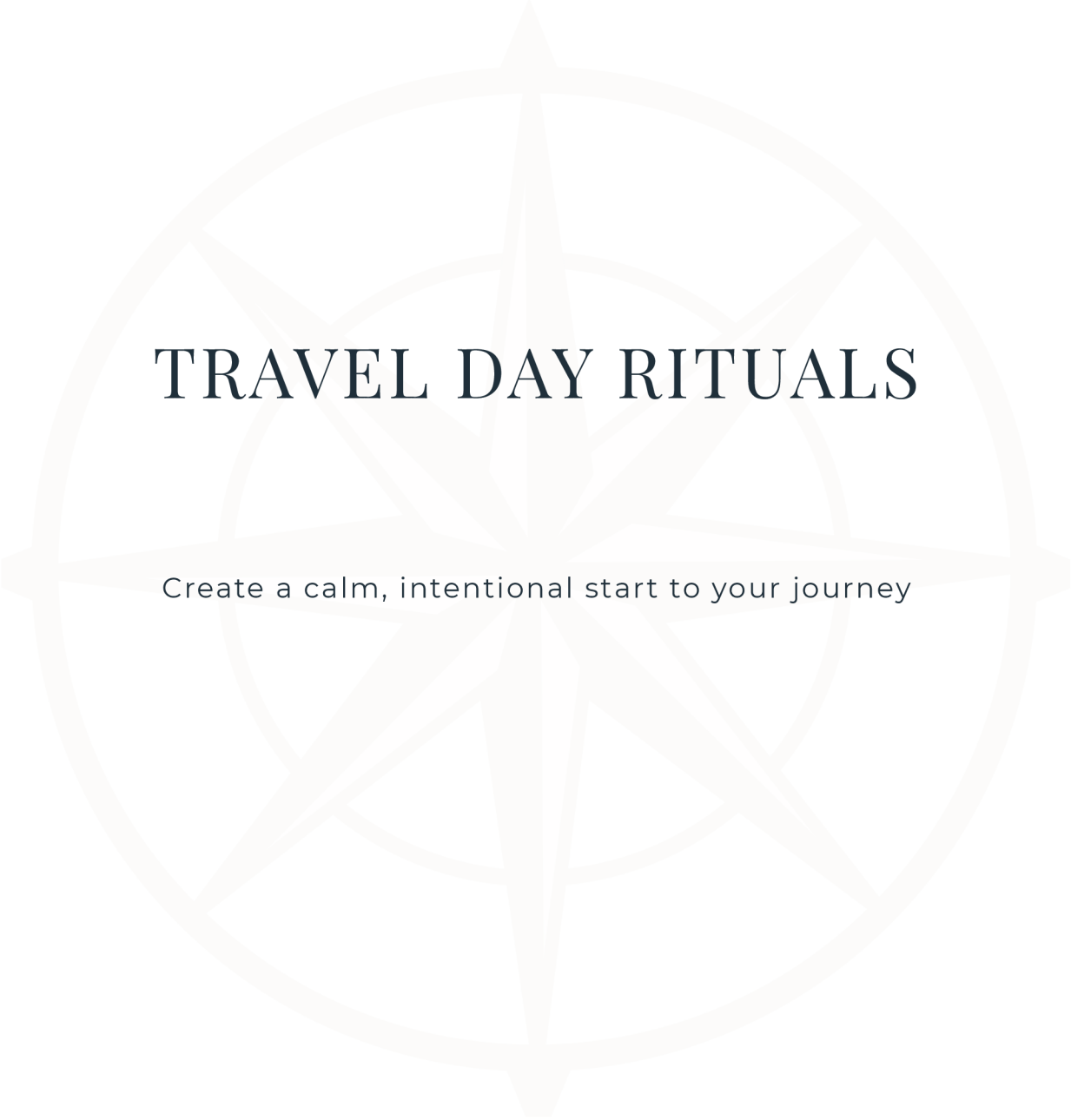


TRAVEL DAY RITUALS

Simple comforts and thoughtful preparations for a more restful journey

AURORA & ANCHOR



TRAVEL DAY RITUALS

Create a calm, intentional start to your journey

BEFORE YOU LEAVE

- ⚓ Wake up earlier than needed
- ⚓ Enjoy coffee or tea slowly
- ⚓ Do a final calm walkthrough of your home

AT THE AIRPORT

- ⚓ Avoid rushing
- ⚓ Give yourself buffer time
- ⚓ Listen to calming music or a podcast

⚓ PRO TIP:

Start your travel day earlier than necessary and move through it slowly-removing the rush creates a more grounded, enjoyable beginning to your journey

START YOUR NEXT JOURNEY

“Let Aurora & Anchor design your next journey”

www.AuroraandAchor.com