

The
**Slow Girl
Summer,**
guide

from the hearts of:

HOLY  YOGA
— DETROIT —

welcome to slow girl summer

Hey Slow Girl,

We are so glad you're here.

This guide was created for every woman who's been craving a slower pace, deeper peace, and more presence with God. Whether you're feeling overwhelmed, expectant, or somewhere in between, this 30-day journey is an invitation to slow down, reset, and return to what matters most.

Over the next 30 days, this guide will provide:

- Daily themes rooted in Scripture, along with a breath prayer and journaling prompts
- Gentle movement ideas — Holy Yoga, walking, stretching, even dancing in your kitchen
- Exclusive pre-recorded Holy Yoga flows and guided meditations to choose from daily
- Simple daily rhythms and challenges to help you slow down
- Encouragement, resources, and access to exclusive Slow Girl Summer gear

This isn't a checklist. It's an invitation.

An invitation to slow your pace, to release what you've been carrying, and to draw near to God in a way that feels real and sustainable.

There's no pressure here. You don't have to do it all or do it perfectly.

Just come honestly as you are.

Simply choose your start date - today, tomorrow, or whenever it feels right!

"Come with me by yourselves to a quiet place and get some rest." — Mark 6:31


Holy Yoga Collective

Your Guide to the *Good Stuff*

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Slow Girl
Summer,

Why Slowing Down Matters

(Especially for Your Nervous System)

In a world that runs on hustle and high speed, slowing down can feel almost wrong — but it's actually exactly what your body needs.

You weren't created to live in go-mode 24/7. From the very beginning, God set a rhythm of work and rest (Genesis 2:2-3). But when life stays fast for too long, your nervous system shifts into "fight or flight," leaving you feeling anxious, disconnected, and just plain tired.

Cue the *gentle invitation* to slow your roll.

When you intentionally soften your pace — even in small ways — your body starts to respond. A deep breath, a slow stretch, sipping your coffee without multitasking, or letting your feet hit the grass. These simple moments remind your body: you're safe here.

Slowing down invites your body into "rest and restore."

Your breath deepens.

Your heart rate steadies.

Your shoulders drop.

Your jaw unclenches (we love to see it).

And suddenly, there's space again to think clearly, to feel grounded, and to connect with God in a way that isn't rushed.

That's the heart behind Slow Girl Summer.

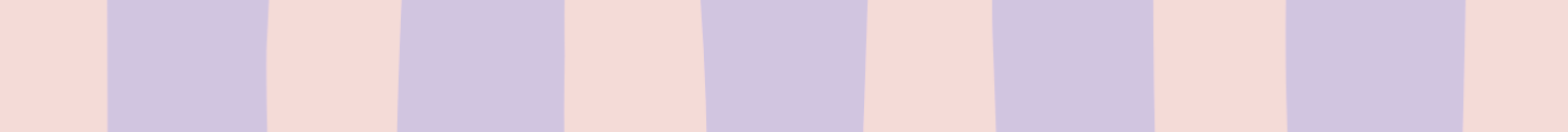
Not just a cute idea (though it is cute).

But a real return to rhythm.

A chance to honor your body as the temple it is.

To listen a little closer.

To live a little slower.



Why Slowing Down Matters

(cont.)

So when you feel the urge to rush, take that as your cue to pause instead.

Slow is sacred.

Rest is allowed.

Peace isn't far off — it's available right here.

Let's keep it soft, steady, and a little unhurried. Your nervous system will thank you... and honestly, your soul will too.

PICK YOUR DAILY

RHYTHM

We know every Slow Girl's life looks a little different—so this summer, you've got freedom, friend. Each day, choose the rhythm that speaks to you most. Feeling yesterday's? Do it again! This isn't about doing it "right"—it's about moving through summer in a way that feels soft, sacred, and just right for you.

- 1- Journal with the prompt: 'What does rest look like for me today?
- 2- Handwrite a note of encouragement to someone in your life.
- 3- Take a slow walk and notice what you see, hear, and smell.
- 4- Go to bed 30 minutes earlier with a candle and a devotional.
- 5- Do one task slower than you normally would—on purpose.
- 6- Start your morning with worship music and deep breathing.
- 7- Pick or buy fresh flowers and place them somewhere you'll see often.
- 8- Begin your day with 5 minutes of breath + stillness before your feet hit the floor.
- 9- Take an 'everything shower' slowly—treat it like a ritual of renewal.
- 10- Water your plants or garden and pray as you do.
- 11- Read a passage from the Gospels slowly and imagine the scene.

PICK YOUR DAILY

RHYTHM

(CONT.)

- 12- Sit outside barefoot and feel the earth beneath your feet.
- 13- Watch the clouds or stars for 10 minutes—no hurry, just awe.
- 14- Read a devotional outside instead of inside today.
- 15- Take a break from social media today—or log off by 7pm.
- 16- Lay down for 10 minutes in savasana and pray, breathe, or rest.
- 17- Sit in your car without turning it on and pray before driving.
- 18- Walk your neighborhood and look for beauty.
- 19- Create a 'no multitasking' window—do one thing at a time, fully.
- 20- Write down 10 things you're grateful for—big or small.
- 21- Call a friend and ask how their heart is—no agenda, just connection.
- 22- Stretch your body gently for 10 minutes with breath-focused movement.
- 23- Let your evening routine be sacred—dim lights, light a candle, play soft music.
- 24- Do something creative: paint, doodle, knit, play with color.

PICK YOUR DAILY

RHYTHM

(CONT.)

25- Dance in your living room to a joyful worship song—just for fun.

26- Invite God into one ordinary task—like dishes or laundry.

27- Make a playlist that calms your spirit and listen as you go about your day.

28- Make a slow breakfast. No phone, no rush—just you, your coffee, and something you made with love.

29- Read a chapter of a soul-nourishing book.

30- Watch the sunrise or sunset and remember He is faithful in every season.

31- Unplug for an hour. Open your hands, and ask: “God, what do you want to show me right now?”

32- Create a simple worship playlist for this season.

33- Declutter one small space mindfully—with intention and praise.

34- Schedule a full day or even half with nothing planned.
Let God fill in the space.

35- Eat one meal outside with no phone.
Taste, chew slowly, look up, and give thanks.

Support for the Slow Life

**Scan the QR code to access Slow Girl
Flows, meditations, a playlist, Slow Girl
Essentials & more!**



How to Read Scripture

(Slowly + With Intention)

This isn't about doing it perfectly.
This is about creating space to be with God.

Each day, you'll see a few verses to read. Don't rush through them. Let them breathe. Read them slowly. Maybe even more than once.

Here are a few simple ways you can engage:

The S.O.A.P Way

And yes...we're talking SOAP.
Because we're letting the Word wash over us, not just rushing through it.

Scripture

Write out a verse that stands out to you.

Observation

What do you notice?
What feels important, repeated, or interesting?

Application

How might this speak into your life right now?
What is God inviting you into?

Prayer

Talk to God about it. Keep it simple. Honest. Real.

Slower Way

Read the passage slowly

Read it again

Ask: What word or phrase is pulling at me?

Sit with that

Whisper it. Write it down. Carry it with you.

A Few Helpful Questions

What does this show me about God?

What does this show me about people?

Is there an invitation here for me?

What feels comforting? What feels challenging?

Translations We Love

Sometimes reading a different translation can help the words come alive in a new way. Here are a few we come back to often:

New International Version (NIV)

Easy to understand and a great everyday go-to.

New Living Translation (NLT)

Very readable and conversational. Great for when you want it to feel simple and clear.

English Standard Version (ESV)

A little more word-for-word. Beautiful and rooted.

The Message

More of a paraphrase, but sometimes it hits in a fresh, powerful way.

The Passion Translation (TPT)

Expressive and intimate. We love this one for slowing down and really feeling the heart behind the words.

DAILY DEVOTIONALS

Day One

Theme

Lay it Down

Scripture

1 Peter 5:7, Matthew 11:28, Psalm 55:22, Hebrews 4:15–16

Journal Prompts

- What am I holding that feels too heavy to carry alone?
- What does surrender feel like in my body today?
- What would change if I truly believed Jesus cared about this?

Breath Prayer

Inhale: I cast my care

Exhale: You carry me

Day Two

Theme

Present Over Perfect

Scripture

*Psalm 46:10, Matthew 6:25–34, Luke 10:38–42
Ecclesiastes 3:1, Philippians 4:6–7*

Journal Prompts

- Where do I feel pressure to “do it all”?
- What does presence look like in this season?
- What can I say no to, so I can say yes to what matters?

Breath Prayer

Inhale: Nothing to prove

Exhale: Here with You

Day Three

Theme

Held + Known

Scripture

Isaiah 49:16, Psalm 139:1-6, 13-14, Matthew 10:29-31, Romans 8:38-39, John 10:27-30

Journal Prompts

- Where am I trying to hold it all alone instead of being held by God?
- What parts of me need to rest in the truth that I am known?

Breath Prayer

Inhale: Known and loved

Exhale: Safe in You

Day Four

Theme

Peace Over Pressure

Scripture

Matthew 11:28–30, Colossians 3:15

Psalms 131:1–2, Philippians 4:6–7, John 14:1

Journal Prompts

- Where am I choosing pressure instead of peace?
- What would it feel like to be led, not driven?
- What can I surrender today to live more lightly?

Breath Prayer

Inhale: Peace is my portion

Exhale: I let pressure go

Day Five

Theme

Gentle is Strong

Scripture

Matthew 11:28–30, Galatians 5:22–23, Proverbs 15:1, Isaiah 40:11, 1 Peter 3:4

Journal Prompts

- Where am I trying to “push through” instead of rest?
- How can I embrace gentleness with myself today?

Breath Prayer

Inhale: Your strength sustains me

Exhale: Your gentleness leads me

Day Six

Theme

Made for Connection

Scripture

Ecclesiastes 4:9–12, Galatians 6:2

Romans 12:10, John 13:34–35, Hebrews 10:24–25

Journal Prompts

- Who are the people in my life that God is using to build me up?
- How can I invite deeper connection today?
- Is there a relationship I need to tend to with care?

Breath Prayer

Inhale: Open my heart

Exhale: Help me love well

Day Seven

Theme

Eyes Up, Heart Steady

Scripture

*Psalm 121:1–2, Hebrews 12:1–2, Isaiah 26:3
Matthew 14:28–31, Colossians 3:1–2*

Journal Prompts

- Where have my eyes been fixed lately—on fear or on faith?
- What distractions can I gently lay down today?

Breath Prayer

Inhale: Look to Him

Exhale: For your rest

Day Eight

Theme

The Pace of Peace

Scripture

John 14:27, Isaiah 26:3, Romans 15:13

Philippians 4:6-7, Colossians 3:15

Journal Prompts

- What does peace feel like in my body?
- What pace have I been moving at lately?
- Where is God inviting me to slow down?

Breath Prayer

Inhale: You lead me gently

Exhale: I choose stillness

Day Nine

Theme

Grace in the Grounding

Scripture

*Psalm 1:1–3, Jeremiah 17:7–8, Ephesians 3:17–19,
Colossians 2:6–7*

Journal Prompts

- Where do I feel ungrounded?
- What rhythms help me feel steady and nourished?

Breath Prayer

Inhale: Steady and Still

Exhale: Held by Your Love

Day Ten

Theme

Let it Be Light

Scripture

*Matthew 5:14–16, Genesis 1:3–4, 1 Peter 2:9
John 1:4–5, Ephesians 5:8*

Journal Prompts

- What areas of my life feel heavy or dim?
- Where am I called to shine gently today?
- What does it mean to “be light” without burning out?

Breath Prayer

Inhale: Shine through me

Exhale: Your light is enough

Day Eleven

Theme

A Light and Easy Yoke

Scripture

*1 John 5:3, Psalm 55:22, Galatians 6:9
John 16:33*

Journal Prompts

- What burden am I not meant to carry alone?
- How can I exchange my heavy yoke for Jesus' light one?
- What does "rest for my soul" look like today?

Breath Prayer

Inhale: Come to Me

Exhale: I will give you rest

Day Twelve

Theme

Choose Joy

Scripture

*Nehemiah 8:10, Psalm 16:11, John 15:11
Romans 12:12, James 1:2-4*

Journal Prompts

- What small thing today brings me joy?
- How can I shift my focus from what's hard to what's good?
- What does joy look like as a spiritual practice?

Breath Prayer

Inhale: Thank you for today

Exhale: I choose delight

Day Thirteen

Theme

Bloom Where You're Planted

Scripture

Jeremiah 29:4–7, Psalm 92:12–14

Ecclesiastes 3:1–2, John 15:4–5, Philippians 1:6

Journal Prompts

- Where has God placed me “for such a time as this”?
- What does spiritual growth look like in my current soil?
- Am I resisting or receiving where I’ve been planted?

Breath Prayer

Inhale: Here is Holy

Exhale: Here I grow

Day Fourteen

Theme

Spacious Grace

Scripture

*2 Corinthians 12:9, Romans 5:1–2
Isaiah 30:18, John 1:16*

Journal Prompts

- Where am I trying to earn what God freely gives?
- What would it look like to receive grace today?
- In what area do I need to extend grace to myself or someone else?

Breath Prayer

Inhale: Grace is Enough

Exhale: I receive it freely

Day Fifteen

Theme

Strength in Surrender

Scripture

Psalms 46:10, 2 Corinthians 12:10

Romans 8:26, James 4:10

Journal Prompts

- Where am I resisting what God is trying to teach me?
- What happens in my body when I finally let go?
- What would surrender look like today?

Breath Prayer

Inhale: I let go

Exhale: You hold it all

Day Sixteen

Theme

Nourish The Good

Scripture

Philippians 4:8–9, Galatians 6:9, Psalm 34:8
Proverbs 4:23, John 15:16

Journal Prompts

- What good thing in me or my life needs tending right now?
- What am I feeding—faith or fear?
- How can I practice delight today?

Breath Prayer

Inhale: Heavenly Father

Exhale: Show me Your Goodness

Day Seventeen

Theme

Sacred Slowness

Scripture

Psalms 27:14, Lamentations 3:25–26

Isaiah 40:31, Ecclesiastes 7:8, James 5:7–8

Journal Prompts

- What do I miss when I rush through life?
- Where is God asking me to slow down and wait with Him?
- What would “moving at the pace of grace” look like today?

Breath Prayer

Inhale: I am unhurried

Exhale: I am unhurried

Day Eighteen

Theme

Beauty in Becoming

Scripture

*2 Corinthians 3:18, Isaiah 64:8, Romans 12:2
Philippians 1:6, Ephesians 2:10*

Journal Prompts

- How has God been shaping me lately?
- Am I clinging to who I was or making space for who I'm becoming?
- What part of His process do I need to trust today?

Breath Prayer

Inhale: You are shaping me

Exhale: I trust the process

Day Nineteen

Theme

Soul Stretch

Scripture

Psalms 119:32, Isaiah 54:2, Mark 2:22, Romans 8:18–21, Ephesians 3:20, 2 Corinthians 4:16–18

Journal Prompts

- Where do I feel constricted or tense—physically, emotionally, or spiritually?
- What would it look like to make space for joy, rest, or creativity?

Breath Prayer

Inhale: Stretch me Lord

Exhale: Fill me with peace

Day Twenty

Theme

Holy Body, Holy Ground

Scripture

Genesis 1:27, 1 Corinthians 6:19–20

Romans 12:1, Psalm 139:14, Exodus 3:5

Journal Prompts

- How do I speak to and treat the body God gave me?
- What would it mean to care for my body like it's holy ground?
- What part of my body do I want to thank God for today?

Breath Prayer

Inhale: Thank you, Jesus

Exhale: For this good body

Day Twenty One

Theme

Filled, Not Frazzled

Scripture

*Psalm 23:5. Ephesians 3:19, Romans 15:13
John 6:35, Isaiah 58:11*

Journal Prompts

- Am I running on empty or overflow today?
- What actually fills me—and what drains me?
- Where do I need to pull back so I can be poured into?

Breath Prayer

Inhale: I choose to be filled

Exhale: Not frazzled

Day Twenty Two

Theme

Quiet Confidence

Scripture

*Isaiah 30:15, Proverbs 3:25–26, Psalm 46:1–2
Jeremiah 17:7–8, Hebrews 10:35–36*

Journal Prompts

- What does confidence in Christ—not self—look like for me?
- Where do I need quiet strength instead of loud striving?
- What am I being called to trust more deeply?

Breath Prayer

Inhale: You are my strength

Exhale: I will not fear

Day Twenty Three

Theme

Cloud Watching

Scripture

Genesis 1:6–10, Job 37:16, Psalm 19:1–4,
Ecclesiastes 3:1, Isaiah 55:9

Journal Prompts

- When was the last time I was still long enough to look up?
- What message might God be sending in today's sky?

Breath Prayer

Inhale: Lift My Eyes

Exhale: Keep me still

Day Twenty Four

Theme

Unhurried Morning

Scripture

Mark 1:35, Psalm 5:3, Lamentations 3:22–23,
Psalm 143:8, Isaiah 50:4

Journal Prompts

- What would a slow, sacred morning look like for me?
- How can I meet God before the noise?
- What new rhythms can I create to help with this?

Breath Prayer

Inhale: Your mercies are new

Exhale: I receive Your rest

Day Twenty Five

Theme

Carried by Compassion

Scripture

Lamentations 3:22–23, Isaiah 40:11

Psalms 103:13–14, Colossians 3:12, Matthew 9:36

Journal Prompts

- Where have I experienced God's compassion lately?
- How can I respond to myself with more kindness?
- Who around me needs compassion today?

Breath Prayer

Inhale: Give me Your Eyes

Exhale: Give me Your compassion

Day Twenty Six

Theme

Filled, Not Frazzled

Scripture

*Psalm 23:5. Ephesians 3:19, Romans 15:13
John 6:35, Isaiah 58:11*

Journal Prompts

- Am I running on empty or overflow today?
- What actually fills me—and what drains me?
- Where do I need to pull back so I can be poured into?

Breath Prayer

Inhale: I choose to be filled

Exhale: Not frazzled

Day Twenty Seven

Theme

Come Away With Me

Scripture

Mark 6:31, Song of Songs 2:10, Matthew 11:28–30, Isaiah 55:1–3

Journal Prompts

- Where is God gently calling me to “come away”?
- What distractions keep pulling me back into busyness?
- If I accepted His invitation today, what would rest actually look like?

Breath Prayer

Inhale: You invite me to rest

Exhale: I say “yes”

Day Twenty Eight

Theme

Sacred Simplicity

Scripture

Micah 6:8, 1 Thessalonians 4:11

Matthew 6:19–21, Psalm 131:1–2, Luke 10:41–42

Journal Prompts

- What am I complicating that God is trying to simplify?
- What really matters in this season?
- Where can I embrace less—so I can live more?

Breath Prayer

Inhale: Help me, Jesus

Exhale: Live simply

Day Twenty Nine

Theme

Earth Beneath My Feet

Scripture

Exodus 3:5, Psalm 18:36, Isaiah 52:7, Romans 10:15, Psalm 66:12

Journal Prompts

- Where do I feel most grounded?
- What steps can I take today to ground myself in Him?

Breath Prayer

Inhale: Steady my steps

Exhale: Walk with me, Lord

Day Thirty

Theme

Notice the Beauty

Scripture

Psalms 27:13, Matthew 6:26–29, Ecclesiastes 3:11, James 1:17

Journal Prompts

- What beauty have I rushed past lately?
- Where have I seen God's goodness this week?
- What helps me become more present to the life right in front of me?

Breath Prayer

Inhale: Open my eyes

Exhale: To Your goodness

The Slow Girl Book Shelf

Reading can be such a simple way to slow down and create space in your day. Here are a few books we love for this season. Some are encouraging, some are grounding, and some just feel like a deep breath. If you're looking for something to linger with this summer, let this be something you ease into.

These aren't meant to be rushed or checked off a list. Just pick one that feels right, take it slow, and let it meet you where you are. Maybe it becomes part of your morning rhythm with coffee, or something you come back to at the end of the day. There's no pressure here, just an invitation to slow down, be present, and enjoy.

1. Slowing Down to Speed Up Joy by Matthew Kelly

A practical guide to creating simple daily habits that help you experience more joy, clarity, and intention.

2. The Rest of God by Mark Buchanan

A beautiful look at Sabbath and the gift of rest, inviting you into rhythms that restore your soul.

3. Unhurried: An Invitation to Slow Down, Create Margin, and Surrender Control to God by Samantha Decker

Encourages you to release pressure, create margin, and trust God with your pace and your life.

4. Tired of Being Tired by Jess Connolly

A compassionate guide to naming your exhaustion and building a life rooted in grace and sustainable rest.

The Slow Girl Book Shelf

5. Present Over Perfect by Shauna Niequist

An invitation to let go of striving and embrace a slower, more meaningful, and present way of living.

6. Hands Free Mama by Rachel Macy Stafford

A reminder to put down distractions, release perfection, and focus on what matters most.

7. Sacred Rest by Dr. Sandra Dalton-Smith

Explores the seven types of rest your body and soul truly need beyond just sleep.

8. Breath as Prayer by Jennifer Tucker

Combines breathwork and Scripture with simple, powerful breath prayers to calm your body and center your heart.

9. Sacred Rhythms by Ruth Haley Barton

A guide to spiritual practices like silence, solitude, and rest that create space to experience God more deeply.

10. Peace Is a Practice by Morgan Harper Nichols

A gentle, reflective book on cultivating peace in your everyday life through intention, presence, and grace.

Hey Slow Girl,

What a beautiful, breath-filled journey it's been. Whether you journaled every prompt, rolled out your mat most days, or simply showed up with a willing heart—you were part of something sacred.

This wasn't just a 30-day guide. It was a holy invitation to slow down, soften your pace, and center your life around the One who gives **true rest**. And we pray you heard His gentle whisper again and again:

"Come to me, all you who are weary and burdened,
and I will give you rest."

—Matthew 11:28

As we close this chapter, we want you to remember: you don't need a guide to stay close to God. He is already with you. The slower pace? The sacred breath? The quiet confidence that you are deeply loved? That gets to go with you.

So keep walking slowly. Keep breathing deeply. Keep looking up.
And know we're always here, cheering you on.

"You will go out in joy and be led forth in peace."

—Isaiah 55:12



Holy Yoga Collective

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This guide was originally developed by Holy Yoga Detroit, a 501(c)(3) nonprofit organization. We are honored to now share it with the entire Holy Yoga Collective community.

A portion of all sales will support the ongoing work of Holy Yoga Detroit.

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Thank you for honoring the heart and intention behind this work.

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